

Mon	Tue	Wed	Thu	Fri FTJ Lunches
	<p>FTJ FRIDAY LUNCHES Provided by Franke Tobey Jones. Please order by the Monday prior to the Friday you want lunch.</p>	<p>1 Chicken Caesar Salad Baked Apple</p>	<p>2 Ground Turkey Spaghetti Green Beans Breadsticks Pears</p>	<p>3 Ham & Cheddar Sandwich Macaroni Salad Fresh Fruit Brownie</p>
<p>6 Macaroni & Cheese Brussel Sprouts Wheat Roll Strawberries</p>	<p>7 French Toast Sausage Links Hash Browns Orange Juice</p>	<p>8 Turkey Burger Sweet Potato Fries Coleslaw Applesauce</p>	<p>9 Fish Taco Rice & Beans Berries & Whip Cream</p>	<p>10 Chef Salad Dinner Roll & Margarine Butterscotch Pudding Cup</p>
<p>13 Pork Cutlet Baked Potato Baked Beans Coleslaw</p>	<p>14 Swiss Cheese Burger Lettuce & Tomatoes Green Beans Wedge Fries Mixed Berries</p>	<p>15 Chicken Teriyaki Rice W/ Peas & Carrots Asian Vegetable Bend Pear Fortune Cookie</p>	<p>16 Parmesan Tilapia W- Pilaf Squash Brownie Bits</p>	<p>17 Lemon Tarragon Tuna Salad on Bun Potato Chips Fresh Fruit Cookie</p>
<p>20 Beef & Pepper Casserole W/Rice Salad Peach Cobbler Wheat Roll</p>	<p>21 Mediterranean Chicken Wrap Spinach & Cannellini Beans Rice Pudding</p>	<p>22 Beef Stew Coleslaw Wheat Roll Peaches</p>	<p>23 Pork Fajitas W Onion & Zucchini Pinto Beans Banana</p>	<p>24 Italian Wrap Pasta Salad Fresh Fruit Pudding Cup</p>
<p>27 Chicken Tortilla Soup Tortilla Chips Sour Cream & Cheese Mango & Fig Newton</p>	<p>28 Florentine Fish Zucchini & Onion & Tomatoes Cherry Crisp</p>	<p>29 Beef Goulash Broccoli Strawberries Pound Cake Whip Cream</p>	<p>30 Fruit Turnover Potatoes W/ Onions & Peppers Sausage Patties Melon</p>	<p>31 Lunch Provided At Halloween Party</p> 

This Menu is subject to change

Consuming Mishandled Leftover Food May Increase Your Risk of Food Borne Illness.

Mon		Tue	Wed	Thu	Fri
 <p>Happy Halloween!</p>			Chicken Caesar Salad Calories= 670 Carb= 62 Sodium= 710	Ground Turkey Spaghetti Calories= 670 Carb=82 Sodium=730	
Macaroni & Cheese Calories=670 Carbs= 85 Sodium=590	French Toast Calories= 830 Carbs= 95 Sodium= 710	Turkey Burger Calories= 706 Carb= 84 Sodium= 661	Fish Taco Calories= 740 Carbs= 80 Sodium= 680		
Pork Cutlet Calories= 760 Carb= 79 Sodium= 730	Swiss Cheeseburger Calories =810 Carb=80 Sodium=690	Chicken Teriyaki Calories=780 Carbs=126 Sodium=610	Parmesan Tilapia Calories= 710 Carb= 64 Sodium= 670		
Beef & Pepper Casserole Calories= 730 Carbs=102 Sodium=750	Mediterranean Wrap Calories=660 Carb=69 Sodium=750	Beef Stew Calories= 704 Carb= 74 Sodium= 628	Pork Fajitas Calorie= 710 Carb= 83 Sodium= 650		
Chicken Tortilla Soup Calories= 670 Carb= 81 Sodium= 750	Florentine Fish Calories= 710 Carb= 71 Sodium= 610	Beef Goulash Calories =780 Carb=85 Sodium= 520	Apple Turnover Calories=700 Carb=80 Sodium= 730		