

# GREATER ALTOONA Career & Technology Center

# October 2009

# LUNCH

Please choose at least 3 items to qualify for a complete lunch.

Available Everyday!  
Choice of Milk  
(whole, 2% & skim)

Fruit Assortment

Peanut Butter & Jelly


Chef Salad

Deli Hoagie

Soup and Sandwich

Wrap Sandwich

Student Lunch \$1.75  
Reduced Lunch \$.40  
Adult Lunch \$2.75

Mon	Tue	Wed	Thu	Fri
			1 Baked Chicken Au Gratin Potatoes Corn Brownie	2 Cheeseburger on a Bun French Fries Buttered Peas Sugar Cookie
5 French Bread Pizza Pasta Parmesan Tossed Salad w/ Dressing	6 Soft Shell Taco Salsa, Lettuce, Tomatoes Spanish Rice Mixed Vegetables	7 Hot Roast Beef Sandwich French Fries Gravy Candied Carrots	8 Chicken Tenders Buttered Egg Noodles Corn Fruited Jello	9 No School
12 Ham & Cheese on a Pretzel Roll French Fries Corn	13 Hot Dog on a Bun Colossal Fries Baked Beans Sprinkle Cookie	14 Stromboli w/ Marinara Sc Pasta w/ Garlic Sauce Broccoli	15 Meatball Sub w/ Cheese Twister Fries Tossed Salad w/ Dressings Citrus Jello	16 Grilled Cheese Tomato Soup Tater Tots Carrot & Celery Sticks
19 Stuffed Crust Pizza Tossed Salad w/ Dressings Carrots Fruited Jello	20 Deli Hoagie Potato Chips Chicken Noodle Soup Green Beans	21 Chicken and Biscuits Mashed Potatoes w/ Gravy Corn Chocolate Pudding	22 Philly Cheesesteak French Fries Broccoli & Cheese	23 Fish Sandwich on a Bun Macaroni and Cheese Peas Chocolate Chip Cookie
26 Nachos Grande w/ Taco Meat & Nacho Cheese Salsa, Lettuce, Tomato Brownie	27 BBQ Rib on a Bun Seasoned Potato Wedges Cole Slaw Sugar Cookie	28 Lasagna w/ Meat Sauce Tossed Salad Italian Mixed Vegetables Bread Stick	29 Chicken Patti or Buffalo Chicken Patti Tater Tots Green Beans	30 Cheese Filled Bread Stick Marinara Sauce Tossed Salad w/ Dressing Mixed Vegetables