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| **Lunch Box Catering**  **Donna Laster 423-802-1938**  [Donnalaster@epbfi.com](mailto:Donnalaster@epbfi.com) | | | | | | | |
| October Lunch Menu | | | | | | | |
| 29 | 30  Chicken and Cheese Quesadillas  Northern Beans  Apples | 01  Beef a Roni  Green Beans  Bananas | 02  Chicken Nuggets  Baked Beans  Oranges | 03  Pizza day | 04  Baked Ham  Mac and Cheese  Peas  Apples |  |
| 06 | 07  Turkey and Cheese Sliders  Tator Tots  Apples | 08  Cheeseburger  Mac  Corn  Bananas | 09  Beef and Cheese Burritos  Corn  Oranges | 10  Pizza day | 11  Roast Pork  Mashed Potatoes  Peas  Apples | 12 |
| 13 | 14  Ham and Cheese Sliders  Northern Beans  Apples | 15  Beef Stroganoff  Garden Salad  Bananas | 16  Creamy Chicken  Rice Casserole  Carrots  Oranges | 17  Pizza day | 18  Chicken Sandwich  Baked Beans  Apples | 19 |
| 20 | 21  BBQ Chicken Sliders  Sweet Potato Fries  Apples | 22  Spaghetti with Meat Sauce  Green Beans  Bananas | 23  Mac and Cheese  Green Beans  Oranges | 24  Pizza day | 25  Chicken Alfredo  Carrots  Apples | 26 |
| 27 | 28  Cheeseburger Sliders  Tatar Tots  Apples | 29  Baked Ziti with Beef  Corn  Bananas | 30  Chicken Rice Teriyaki  Peas  Oranges | 31  Pizza day | 01  Chicken Nuggets  Baked Beans  Apples | 02 |
| 03 | 04  Chicken and Cheese Quesadillas  Northern Beans  Apples | 05  Beef a Roni  Green Beans  Bananas | 06  Baked Ham  Mac and Cheese  Peas  Oranges | 07  Pizza day | 08  Beef and Cheese Burritos  Corn  Apples | 09 |