

# Salam Middle & High

# October 2017

Mon	Tue	Wed	Thu	Fri
2 Crispy Chicken Sandwich WW Bun	3 Beef Or Cheese Quesadilla Spanish Beans And Rice	4 Chicken Shawarma Wrap Cold Rainbow Pasta	5 Meat pasta W/ Marinara Sauce WW Dinner Roll	6 Pizza Dippers With Marinara Hommus & Veggies
9 Nachos & Cheese W/ Ground Beef 3 Beans Salad	10 Beef Lasagna WW Dinner Roll	11 French Toast Sticks /Syrup Boiled eggs	12 Beef Or Cheese Burger On WW Bun	13 Cold Turkey & Cheese Sandwich OR Zabiha Halal Hot Dog
16 Chicken Tacos 3 Bean Salad	17 Chicken Strips Mashed Potatoes WW Dinner Roll	18 Gyro Wrap Fries	19 Chipotle Chicken Sandwich Mac & Cheese	20 Cheese Pizza On WW Crust Veggie & Ranch
23 Chicken Alfredo Pasta WW Bread Sticks	24 Turkey & Cheese Cold Sandwich OR Zabiha Halal Hot Dog	25 Beef Or Cheese Burger WW Buns Fries	26 Chicken Parmesan Pasta WW Bun	27 Pizza Dippers With Marinara Hommus & Veggie
30 Chicken Strips Mashed Potatoes WW Dinner Roll	31 Egg & Cheese Burrito W/ Tator Tots	1 Chipotle Chicken Sandwich Mac & Cheese	2 Beef Or Cheese Quesadilla 3 Beans Salad	3 Cheese Pizza On WW Crust Cold Rainbow Pasta

## Daily:

- Fresh Vegetables plus fresh and canned fruits are available with lunch at salad bar.
- Milk choice of Chocolate Fat Free Milk or 1% Low Fat Milk is Included with lunch.
- All food served at Salam School is 100% Zabiha Halal, unless noted.
- Menus are subject to change without notice.

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