



OCTOBER MENU



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29	BREAKFAST – Assorted cereal, assorted fruit, milk LUNCH –Chicken & noodle, mashed potatoes, mandarin oranges, whole wheat roll, milk	30	BREAKFAST – Pop tarts, assorted fruit, milk LUNCH – Chicken quesadilla, baby carrots(GS only), salad bar(MS/HS only) chips & salsa, peaches, milk	1	BREAKFAST – French toast, assorted fruit, milk LUNCH – Nacho, w/ hamburger & cheese, baked beans(GS only), salad bar(MS/HS only) chips, pears, chocolate cake, milk	2	BREAKFAST – Coffee cake, assorted fruit, milk LUNCH – Beef & noodles, mashed potatoes, broccoli(GS only), salad bar(MS/HS only) pineapple tidbits, blueberry muffin, milk	3	BREAKFAST – Sausage, egg & cheese biscuit, hash brown assorted fruit, milk LUNCH – Chili, corn chips, celery & cucumber(GS only) salad bar(MS/HS only) apple wedges, cinnamon roll, milk
6	BREAKFAST – Assorted cereal, assorted fruit, milk LUNCH – Salisbury steak, mashed potatoes & gravy, green beans, pineapple tidbits, roll, milk	7	BREAKFAST – Biscuit & gravy, assorted fruit, milk LUNCH – Chicken tenders, salad bar, peaches, roll, milk	8	BREAKFAST – Waffles, assorted fruit, milk LUNCH Pig in a blanket, potato wedges, broccoli(GS only) salad bar(MS/HS only) apple wedges, milk	9	BREAKFAST – Donut, assorted fruit, milk LUNCH – Taco burger w/ Lettuce, tomato & cheese, refried beans, chips & salsa, pears, milk	10	NO SCHOOL
13	BREAKFAST – Assorted cereal, assorted fruit, milk LUNCH – Pancakes, sausage, yogurt, hash browns, apple wedges, milk	14	BREAKFAST – Breakfast pizza, assorted fruit, milk LUNCH – Meatball sub, baked beans, mandarin oranges, cookie, milk	15	BREAKFAST – Whole wheat bagel with topping, fresh fruit, milk LUNCH – French dip, salad bar, strawberries & bananas. milk	16	BREAKFAST – Sausage on a stick, assorted fruit, milk LUNCH Italian pasta, broccoli, pineapple tidbits, biscuit, milk	17	BREAKFAST – Breakfast pita, assorted fruit, milk LUNCH – Turkey roll-up, potato wedges, celery, banana, rice crispy treats, milk
20	BREAKFAST – Assorted cereal, assorted fruit, milk LUNCH – BBQ rib on a bun, tri-taters, peaches, milk	21	BREAKFAST – Long john, assorted fruit, milk LUNCH – Corn dog, salad bar, strawberries & bananas, puppy chow, milk	22	BREAKFAST – Pancakes w/sausage, assorted fruit, milk LUNCH – Chicken patty, mashed potatoes & gravy, peas(GS only) salad bar(MS/HS only), roll, mandarin oranges, milk	23	BREAKFAST – Breakfast burrito, assorted fruit, milk LUNCH – Taco salad, chips & salsa, refried beans, cinnamon puff, pineapple tidbits, milk	24	BREAKFAST – Bacon, egg, & cheese biscuit, assorted fruit, milk LUNCH – Mac & cheese w/ little smokies, corn, pears, banana cake, milk
27	BREAKFAST – Assorted cereal, assorted fruit, milk LUNCH – Hamburger on a bun, French fries, fruit cocktail, milk	28	BREAKFAST – Breakfast hot pocket, assorted fruit, milk LUNCH – White chicken chili, corn bread, green beans, pineapple tidbits, milk	29	BREAKFAST – Biscuit w/ butter& jelly, assorted fruit, milk LUNCH – Beef & bean burrito, corn, chips & salsa, apple wedges, milk	30	BREAKFAST – Blueberry muffin, assorted fruit, milk LUNCH – Taco w/ lettuce, tomato & cheese, refried beans, pears, milk	31	NO SCHOOL

