

October Menus

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Breakfast	2 Sausage pancake on stick, fruit	3 Oatmeal, choc. Chip. muffin, fruit	4 Cereal, wheat toast, fruit	5 Biscuit & gravy, sausage, fruit	6 Yogart, blueberry muffin, fruit	7
8	9 No School	10 Sausage biscuit, fruit	11 French toast sticks, fruit	12 Cereal, wheat toast, fruit	13 Pancakes, fruit	14
15	16 Sausage pancake on stick, fruit	17 Oatmeal, choc. Chip muffin, fruit	18 Cereal, wheat toast, fruit	19 Biscuit & gravy, sausage, fruit	20 Cereal, wheat toast, fruit	21
22	23 Breakfast pizza, fruit	24 Sausage biscuit, fruit	25 French toast sticks, fruit	26 Bagel w/cream cheese, fruit	27 Cereal, wheat toast, fruit	28
29	30 Sausage pancake on stick, fruit	31 Oatmeal, choc. Chip muffin fruit				
1 Lunch	2 Popcorn chicken, bread, celery sticks with ranch, fruit	3 Chili, roll, carrots, fruit, jello	4 Meatloaf, roll, mashed potatoes, gravy, fruit	5 Bosco sticks, marinara sauce, steamed broccoli/cheese, fruit	6 No Lunch Dismiss at 11:30	7
8	9 No School	10 Hamburger on bun, oven fries, fruit	11 Chicken patty on bun, green beans, fruit	12 Baked Ziti, roll, garden salad, broccoli, fruit	13 Taco salad, refried beans, fruit	14
15	16 Hot dog on bun, steamed broccoli, fruit, pudding	17 Nacho w/beef, green beans, fruit	18 Salisbury steak, roll, mashed potatoes, gravy, fruit	19 Chicken & noodles, roll carrots, fruit	20 BBQ pulled pork on bun, baked beans, fruit, cookie	21
22	23 Chicken nuggets, bread, carrots, fruit	24 Cheeseburger on bun, oven fries, fruit	25 Pizza, green beans, fruit	26 Bosco sticks, marinara sauce, steamed broccoli/cheese, fruit	27 Fajita chicken wrap, black beans, milk	28
29	30 Macaroni & cheese, roll, sweet potato fries, fruit	31 Cheese Quesadilla, celery sticks w/ranch, fruit			This institution is an equal opportunity provider.	