



OCTOBER MENU



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	1 Corn dogs, Macaroni & Cheese, Fruit, Salad Bar, Milk	2 Pasta & Meat Sauce, Breadsticks, Fruit, Salad Bar, Milk	3 Chicken Fajitas, Fruit, Salad Bar, Milk	4 Softshell Tacos, Fruit, Salad Bar, Milk 	5 Biscuits & Gravy, Sausage, Yogurt, Juice, Fruit, Salad Bar, Milk	6
7 All meals include 5 food groups: Protein (Meat, Cheese, Yogurt), Fruits, (fruit or juice) Vegetables, Whole Grains, and Dairy (Low fat Milk).	8 Breaded Steak Sticks, Mashed Potatoes w/ Country Gravy, Dinner Roll, Fruit, Salad Bar, Milk	9 Chili, Cinnamon Rolls, Fruit, Salad bar, Milk 	10 Chicken Patty on Bun, Knoephla Soup, Fruit, Salad Bar, Milk	11 Pizza, Fruit, Salad bar, Milk 	12 Clergy Appreciations Day! Crisпитos, Chips, Queso, Yogurt, Fruit, Refried Beans, Salad bar, Milk 	13
14 	15 Chicken Nuggets, Rice, Fruit, Salad Bar, Milk	16 Teriyaki Chicken, Rice, Egg Roll, Fruit, Salad Bar, Milk 	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL	20
21 	22 Popcorn Chicken, Buttered Noodles, Fruit, Salad Bar, Milk	23 Hot Ham & Cheese Sandwich, Tomato Soup, Fruit, Salad Bar, Milk	24 Super Nachos: (Chips, Taco Meat, Queso, lettuce, Salsa, Beans, Jalapenos, Olives), Fruit, Salad Bar, Milk	25 Sub Sandwiches, Fruit, Salad bar, Milk	26 Chicken Nuggets, Rice, Fruit, Salad Bar, Milk	27
28 	29 Chicken Strip Wrap, Fruit, Salad bar, Milk	30 Hamburgers, Baked Beans, Fruit, Salad Bar, Milk	31 Quesadillas, Fruit, Salad Bar, Milk 	1 Popcorn Shrimp, Rice, Yogurt/Fruit/ Granola, Salad Bar, Milk	2 Meatball Subs, Fruit, Salad Bar, Milk	

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