



OCTOBER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
			A Teriyaki Dippers B Mozzarella Sticks Rice Pilaf Vegetable Bar Fresh Fruit 1	A Hamburger or Cheeseburger on A Bun B Turkey Burger Green Beans Royal Brownies Peaches 2
A Quesadilla B Egg Salad Roll Baked Sweet Potato Fresh Fruit Salsa / Sour Cream 5	A Turkey Italian Sandwich B BBQ Ribs Pasta Salad Vegetable Bar Watermelon Chunks 6	A Stuffed Shells Breadstick B Chicken Salad Sandwich Carrots Apple Crisp 7	A Waffles w/Fruit Topping B Hot Ham & Cheese Wrap Hashbrowns Carrots Oranges Halves 8	No School – Workshop Day
No School – Holiday	A Parmesan Turkey Ranch Wrap B Chicken Nugget Baked Potato Vegetable Bar Peaches 13	A Cheese Ravioli Wheat Bread B Hot Dog On A Roll Broccoli Salad Peas Bananas 14	A Shepherd's Pie B Shrimp Poppers Mashed Potato Winter Squash Fresh Fruit 15	A Chicken Pot Pie B Pulled Pork Sandwich Green Beans Fresh Fruit Gingerbread 16
A Pizza Wrap B BBQ Chicken French Fries Vegetable Bar Fruit Cocktail 19	A Sloppy Joe on a Bun B Corn Dogs Macaroni, Whole Wheat Broccoli Pineapple Chunks 20	A Chicken Burger B Peanut Butter & Jelly Sandwich Granola Bar Carrot Sticks Fresh Fruit Early Release Day 21	A Meatball Sub B Asian Chicken Brown Rice Green Beans Fruit Cocktail 22	A Cheese Pizza B Chicken Salad Sandwich Red Bliss Potatoes Carrots Bananas 23
A Tomato Soup & Grilled Cheese-Lo Fat B Tuna Melt Wrap Vegetable Bar Pears 26	A Macaroni And Cheese B Fishwich Wheat Rolls Garden Salad Peas & Carrots Mandarin Oranges 27	A Pretzel W/Cheese Sauce B Chicken Fajitas Peas Fresh Fruit Oatmeal Raisin Cookies 28	A Roast Pork B Taco Beef Wrap Mashed Potatoes (Pearls) Green Beans Apples 29	A Nachos B Fun Fish Pumpkin Cake Vegetable Bar Pears 30

****Served Daily: Juice, Fresh Fruit at Breakfast, Vegetable Bar at Lunch, Variety of Milk at all meals. Menu is subject to change without notice.****

Breakfast:

Monday: Breakfast Sandwich or Cereal or Yogurt

Tuesday: Hash Brown and egg or Cereal or Yogurt

Wednesday: French Toast or Pancakes w/Fruit Topping or Cereal or Yogurt

Thursday: Bagel w/cream cheese or Cereal or Yogurt

Friday: Breakfast Pizza or Burrito or Cereal or Yogurt

Choice C Everyday: Peanut Butter & Jelly Sandwich on 100% Whole Wheat Bread