MONDAY

TUESDAY

OCTOBER MENU

WEDNESDAY

THURSDAY

FRIDAY

WIGHTS/II	10230711	WEDNESDATI	11101135711	11110711
1	October 1	October 2	October 3	October 4
	B. Breakfast Taco (wg)	B. Donut (wg)	B. Omelet/Toast (wg)	B. Breakfast Sandwich (wg)
	L. Hot Ham/Cheese Sandwich (wg)	L. Hamburger Pizza (wg)	L. Orange Chicken	L. Taco (wg)
	Gems	Carrots	Rice	Spanish Rice
	Baked Beans	Pudding	Corn	Baked Apples
	Applesauce	Peaches	Bread (wg)	Milk
	Milk	Milk	Pineapple	Fruit and Veggie Bar
	Fruit and Veggie Bar	Fruit and Veggie Bar	Milk	
			Fruit and Veggie Bar	
October 7	October 8	October 9	October 10	October 11
B. Yogurt & Combo Bar (wg)	B. Breakfast Burrito (wg)	B. Breakfast Pizza (wg)	B. Mini Pancakes (wg)	B. Breakfast Sandwich (wg)
L. Chicken Patty (wg)	L. Mini Corndogs (wg)	L. Chicken Drumstick (wg)	L. Pizza Sticks (wg)	L. Popcorn Chicken (wg)
Au Gratin Potatoes	Crinkle Fries	Mashed Potatoes	Carrots	Gems
Broccoli	Baked Beans	Gravy	Oatmeal Cookie (wg)	Green Beans
Bread (wg)	Apple	Corn	Applesauce	Bread (wg)
Mixed Fruit	Milk	Bread (wg)	Milk	Orange
Milk	Fruit and Veggie Bar	Peaches	Fruit and Veggie Bar	Milk
Fruit and Veggie Bar		Milk		Fruit and Veggie Bar
		Fruit and Veggie Bar		
		1:15 dismissal		
October 14	October 15	October 16	October 17	October 18
B. Breakfast Tornado (wg)	B. Breakfast Sliders (wg)	B. Scrambled Eggs/Toast (wg)	B. Frudel (wg)	B. Breakfast Sandwich (wg)
L. Chicken Fajita (wg)	L. Calzone (wg)	L. Spaghetti (wg)	L. Quesadilla (wg)	L. Chicken Strips (wg)
Refried Beans	Peas	Broccoli	Green Beans	Carrots
Sidekick	Jell-O	Breadstick (wg)	Pineapple	Rice (wg)
Orange	Pears	Applesauce	Rice Krispie Bar (wg)	Bread (wg)
Milk	Milk	Milk	Milk	Apple
Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Fruit and Veggie Bar	Milk
				Fruit and Veggie Bar
October 21	October 22	October 23	October 24	October 25
B. Breakfast Bites (wg)	B. Breakfast Pizza (wg)	B. Muffin (wg)	B. Cinnamon Roll (wg)	B. Breakfast Sandwich (wg)
L. Turkey Sandwich (wg)	L. Pigs in a Blanket (wg)	L. Chicken Noodle Soup (wg)	L. Fiestada (wg)	L. Chicken Nuggets (wg)
Chips (wg)	Gems	Crackers (wg)	Green Beans	Fries
Peas	Baked Beans	Baby Carrots	O'Henry Bar (wg)	Corn
Mandarin Oranges	Applesauce	Cornbread (wg)	Apple	Bread (wg)
Milk	Milk	Pineapple	Milk	Peaches
Fruit and Veggie Bar	Fruit and Veggie Bar	Milk	Fruit and Veggie Bar	Milk
23		Fruit and Veggie Bar		Fruit and Veggie Bar

Salad and yogurt offered in place of the main entrée. All menus are subject to change. (WG) indicates all whole grain items. This institution is an equal opportunity employer.



OCTOBER MENU

THURSDAY	FRIDAY	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 28 B. Breakfast Taco (wg)	October 29 B. Donut (wg)	October 30 B. Breakfast Boat (wg)	October 31 B. Omelet & Toast (wg)	
L. Chicken Sticks (wg) Green Beans Crinkle Fries Bread (wg) Orange Milk Fruit and Veggie Bar	L. Pizza (wg) Carrots Pudding Apple Milk Fruit and Veggie Bar	L. Hot Ham/Cheese Sandwich (wg) Baked Beans Gems Applesauce Milk Fruit and Veggie Bar	L. Taco (wg) Spanish Rice Cookie Peaches Milk Fruit and Veggie Bar	