



North Nodaway R-6

October

6-12 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chix Fried Steak or Ham Steak Mashed Tatars Gr. Beans /Hot Roll Fruit	2 Walking Taco or Pizza Black Beans Lettuce / Cheese Salsa Fruit / Granola Bar	3 Chicken Nuggets Sub Sandwich Mac & Cheese Cooked Carrots Fruit	4 NO SCHOOL
7 Beef Bean Burritos Chicken Fajitas Corn Refried Beans Fruit / Cookie	8 Chicken Noodle Breaded Beef Sandwich Mashed Tatars Peas/ Fruit	9 BBQ Pork Sand. Fish Sticks F.F. / Baked Beans Fruit	10 Orange, Soy ,Teriyaki Chicken / Rice Shrimp Poppers Stir Fry Veggies Fruit / Yogurt	11 Hot Dog - Nacho's Goulash Bread Stix. Veggie Cup Fruit
14 NO SCHOOL	15 Hot Ham & Cheese Hamburger Celery / Carrots Fruit / Jello	16 Frito Chili Pie Grilled Chicken Sand. Corn / Cucumbers Yogurt/ Graham Crackers / Fruit	17 Turkey Roast Mashed potatoes Meat Balls Peas & Carrots Hot Roll /Fruit	18 Pizza / Mini Corn Dog Garden Salad Cookies / Milk
21 Chili Chix. Crispitos Chicken Nuggets Corn / Black Beans Yogurt Granola Bars	22 Bread Beef Sticks Sloppy Joe Buttered Noodles Green Beans Fruit	23 Bosco Stix. Hot Ham & Cheese Marinara / Garden Salad Oreo Fluff / Fruit	24 Popcorn Chicken Bowl Walking Taco Salsa /Corn Hot Roll / Cookie Fruit	25 Chili Dog Chicken Strips Baby Carrots/ Celery Cinn Roll Fruit
28 Turkey & Cheese Sub Soft Shell Taco Peas Cookie / Fruit	29 Chicken Strips Mini Corn Dogs Mac & Cheese F.F. / Baked Beans Fruit	30 Ch. Burger/ B.B.Q Pork Sandwich Lettuce / Tomatoes Corn /Baby Carrots Fruit	31 Teriyaki Pattie W/Rice Bosco Stick Stir Fry Vegetables Fruit / Sherbet	

1%, Skim and Fat Free Chocolate Milk offered with every meal