



October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WG= Whole Grain					1 Yogurt/Granola String cheese Dinner Roll/jelly cup baby carrots salad Blueberries	2 <i>Lunch Prices</i> 20 Day-\$46.00 10 Day-\$23.00 1 Day-\$2.30 <i>Breakfast</i> \$1.60
3	4 Popcorn chicken Mashed Potato Chicken Gravy Fresh veggies Sidekicks	5 Beef Taco Soft-shell Lettuce Bell peppers Pineapple tidbits	6 Breakfast Boat Mixed Green Salad Celery/radish Pears	7 Cheese Pizza Seasoned Peas fresh Broccoli apple slices	8 NO SCHOOL	9 <i>Lunch Prices</i> Adults: \$3.95 <i>Single and Extra</i> milk \$0.40
10	11 Mini Corn Dogs Sweet potato fries Fresh veggies Rosy Applesauce	12 Super Nachos Corn Chips Cheesy rice Shredded Lettuce Bell peppers Mandarin oranges	13 French Toast sausage patty Tator Tots Fresh Cauliflower 100% Juice	14 Hot Ham & cheese on bun Sweet cooked Carrots Romaine mix salad Watermelon	15 Cheese Quesadilla Fiesta beans Cucumbers Mixed fruit	16 <i>Sign up for</i> <i>PowerSchool</i> <i>lunch to get</i> <i>reminders when</i> <i>you go below</i> <i>\$5.00</i>
17	18 Chicken Nuggets Mashed Potato Chicken Gravy Fresh veggies Pears	19 Chicken fajita wraps Shredded Lettuce Red Peppers Pineapple tidbits	20 Fish sticks Black Beans & Corn salsa w/cornchips fresh Broccoli Applesauce	21 Crispito chicken/cheese Broccoli & cheese carrots fruit cup	22 Breakfast Pizza Egg patty Hash browns Cherry tomatoes pears	23 <i>Menu Subject to</i> <i>change. All served</i> <i>with choice of</i> <i>milk.</i>
24/31 Or Candy corn fruit (mandarin org/pineapple top w/ WCrm)	25 Halloween kickoff Hot Dog (mummy) Bun (coffin) Texas Ranchero beans (brains) veggies (body parts) pears (ghosts)	26 Baked Potato Bar Diced Ham Cheddar Cheese Bread & butter Romaine mix salad Rosy Applesauce	27 Mac & Cheese Dinner roll/jelly cup Seasoned Pease Carrots/ Cantaloupe	28 Hamburger w/cheese slice/bun French fries Tomato/carrots Banana & Pudding	29 Wild Mikes pizza bites Marinara Sauce Fresh Broccoli Apple slices	30 <i>This institution</i> <i>is an equal</i> <i>opportunity</i> <i>provider.</i>

K-8 meat/grain substitute: Eagle Lunch which contains: Yogurt cup, Cheese stick, Dinner Roll/Crackers, Lettuce/Baby carrots, and whole fruit

M-Breakfast Boat T-French toast sticks W-Breakfast Pizza Th-Cinnamon Roll F-Pancakes