



# OCTOBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Available Daily:</b></p> <p><i>For A Healthier You, Choose An Item From The Fruit And Vegetable Table</i></p>				<p><b>Egg/Toast</b> 1</p> <p>French Toast/Syrup Sausage Carrot Sticks Fruit Parfait</p> <p>Alt: Sub Peanut Butter/Jelly</p>	<p><b>Cereal/Fruit</b> 2</p> <p>Hamburger On Bun Sun Chips Broccoli W/ Ranch Applesauce Friday Treat</p> <p>Alt: Cheese Sandwich</p>	3
<p>4</p> <p>Fresh Fruits Banana, Oranges Red Or Green Apples Pears Seasonal Fruit</p>	<p><b>Cereal/Fruit</b> 5</p> <p>Fish Filet W/Tartar Cheese Potatoes Seasoned Carrots Diced Mangos</p> <p>Alt: Cheese Sandwich</p>	<p><b>French Toast</b> 6</p> <p>Soft Chicken Taco Lettuce/Cheese/Salsa Black Beans Sweet Roll Watermelon</p> <p>Alt: Sub Peanut Butter/Jelly</p>	<p><b>Yogurt/Toast</b> 7</p> <p>Tator Tot Casserole Cucumber Slices Cooked Broccoli Croissant Fruited Jell-O</p> <p>Alt: Ham/Cheese Sandwich</p>	<p><b>Egg/Toast</b> 8</p> <p>BBQ Shredded Pork On Bun Sweet Potato Tots Green Beans Peaches</p> <p>Alt: Sub Peanut Butter/Jelly</p>	<p><b>Cereal/ Toast</b> 9</p> <p>Mozzarella Cheese Stix W/Marinara Sauce Veggie Cup/Ranch Fresh Fruit Slices Friday Treat</p> <p>Alt: Cheese Sandwich</p>	<p>10</p> <p><i>At Least 51% Of Grains Are Whole Grain</i></p> <p>Both Meals Include: 1% Or Skim Milk Chocolate Milk (Lunch Only)</p>
<p>11</p> <p>Vegetables Carrots, Celery, Broccoli Cauliflower, Cucumbers, Red Peppers, Romaine Lettuce Salad</p>	<p><b>Cereal/Toast</b> 12</p> <p>Breaded Chicken Patty On Bun Sweet Potato Fries Corn Berry Cup</p> <p>Alt: Ham/Cheese Sandwich</p>	<p><b>Pancakes</b> 13</p> <p>Burrito W/Cheese Rice Bean Medley Seasoned Broccoli Mixed Fruit Bread Stick</p> <p>Alt: Sub Peanut Butter/Jelly</p>	<p><b>Yogurt/Toast</b> 14</p> <p>Omelet Sausage Carrot Sticks Applesauce Cinnamon Roll</p> <p>Alt: Cheese Sandwich</p>	<p><b>Sausage/Toast</b> 15</p> <p>Chicken Alfredo Green Beans Dinner Roll Peaches</p> <p>Alt: Sub Peanut Butter/Jelly</p>	<p><b>Cereal/Toast</b> 16</p> <p>Pizza Pepperoni Or Cheese Romaine Lettuce Salad Veggie Cup/Ranch Fresh Fruit Slices Friday Treat</p> <p>Alt: Ham/Cheese Sandwich</p>	<p>17</p> <p>Breakfast Served 7:35 - <b>Main Entrée</b> Highlighted In Yellow</p>
<p>18</p>	<p><b>Cereal/Toast</b> 19</p> <p>Turkey Burger On Bun Tator Tots W/Cheese Green Beans Cantaloupe</p> <p>Alt: Ham/Cheese Sandwich</p>	<p><b>French Toast</b> 20</p> <p>Walking Taco Lettuce/Cheese/Salsa Refried Beans Churro Stick Baked Apples</p> <p>Alt: Sub Peanut Butter/Jelly</p>	<p><b>Yogurt/Toast</b> 21</p> <p>Shredded Pork &amp; Gravy Over Mashed Potatoes Carrots Roll Frozen Peach</p> <p>Alt: Cheese Sandwich</p>	<p><b>Egg/Toast</b> 22</p> <p>French Bread W/Pizza Sauce Romaine Lettuce Salad Celery/Carrot Sticks Fresh Fruit Slices Friday Treat</p> <p>Alt: Sub Peanut Butter/Jelly</p>	<p>23</p> <p>No School</p>	<p>24</p> <p><u>Breakfast Items Include:</u> (Subjected To Change)</p> <p>Main Entrée, Milk, Juice, Assorted Fruits, Assorted Cereals, Yogurt, Cheese Stick, Toast, Muffin....</p>
<p>25</p>	<p><b>Cereal/Fruit</b> 26</p> <p>Cheese Ravioli W/Marinara Sauce Garlic Bread Cooked Broccoli Pears</p> <p>Alt: Ham Sandwich</p>	<p><b>Pancakes</b> 27</p> <p>Nachos W/Cheese &amp; Meat Lettuce Salad Cornbread Melon Cup</p> <p>Alt: Sub Peanut Butter/Jelly</p>	<p><b>Yogurt/Toast</b> 28</p> <p>Breaded Pork On Bun Sweet Potato Wedges Green Beans Grapes</p> <p>Alt: Cheese Sandwich</p>	<p><b>Sausage/Toast</b> 29</p> <p>Popcorn Chicken Seasoned Rice Cooked Carrots Peaches Petite Roll</p> <p>Alt: Sub Peanut Butter/Jelly</p>	<p><b>Cereal/Fruit</b> 30</p> <p><b>Happy Halloween</b></p> <p>Headless Horseman Broken Bones Frankenstein Bolts Ghost..... Graveyard Dirt</p> <p>Alt: Ham/Cheese Sandwich</p>	<p>31</p> <p><b>Translation:</b> Corn Dog BBQ Chips Broccoli Floret Pear Halve Pudding</p>

**\*\*MENU IS SUBJECT TO CHANGE WITHOUT NOTICE\*\***