



October

Monday	Tuesday	Wednesday	Thursday	Friday
2 BREAKFAST: milk, juice, pancake on a stick, syrup cup, apple LUNCH: milk, riblet on a bun(wg), baked beans, sun chips, pineapple chunks	3 BREAKFAST: milk, juice, breakfast sliders, orange LUNCH: milk, chicken nuggets, tater tots, pears	4 BREAKFAST: milk, juice, (wg) cereal, grapes LUNCH: milk, mini corn dogs, green beans, applesauce, fudge round	5 BREAKFAST: milk, juice, mini cinnis, banana LUNCH: milk, ravioli,(wg) roll romaine, salad, peaches	6 BREAKFAST: milk, juice,(wg) mini donuts, banana LUNCH: milk,(wg) peanut butter jelly sandwich, carrot sticks, fruit cup, cheese stick
9 	10 BREAKFAST: milk, juice, french toast sticks, apple, syrup cup LUNCH: milk, hamburger on a bun(wg) fries, pears	11 BREAKFAST: milk, juice, (wg) cereal, grapes LUNCH: milk, hot dog on a bun (wg),pinto beans, apple sauce, chips	12 BREAKFAST: milk, juice, (wg) biscuit & gravy, sausage patty, orange LUNCH: milk, loaded nachos, lettuce, tomatoes, peaches	13 BREAKFAST: milk, juice, mini blueberry waffles, banana, syrup cup LUNCH: milk, Big Daddy Pizza, Salad, mandarin oranges
16 BREAKFAST: milk, juice, pancake on a stick, syrup cup, apple LUNCH: milk, spaghetti,(wg) roll, peas, pineapple chunk	17 BREAKFAST: milk, juice, yogurt parfait, blueberries, strawberries, granola LUNCH: milk, chicken patty on a bun(WG)oven baked fries	18 BREAKFAST: milk, juice, (wg) cereal, grapes LUNCH: milk, mini corn dogs, green beans, applesauce, fudge round	19 BREAKFAST: milk, juice, sausage, egg, breakfast burrito, orange LUNCH: milk, baked chicken, mashed potatoes, corn,(wg)roll, peaches	20 BREAKFAST: milk, juice,(wg) mini donuts, banana LUNCH: milk,(wg)peanut butter jelly sandwich, carrot sticks, fruit cup, chips
23 BREAKFAST: milk, juice, french toast sticks, apple, syrup cup LUNCH: milk, pulled pork on a bun (wg), celery sticks, chips, pineapple chunks	24 BREAKFAST: milk, juice, breakfast sliders, orange LUNCH: milk, chicken nuggets, tater tots, pears	25 BREAKFAST: milk, juice, (wg) cereal, grapes LUNCH: milk, hot dog on a bun (wg),pinto beans, apple sauce, chips	26 BREAKFAST: milk, juice,(wg) biscuit & gravy, sausage patty, orange LUNCH: milk, Big Daddy Pizza, Salad, mandarin oranges	27 
30 BREAKFAST: milk, juice, pancake on a stick, syrup cup, apple LUNCH: milk, chicken alfredo, bread stick (wg) steamed broccoli, pineapple chunks	31 BREAKFAST: milk, juice, sausage biscuit(wg),orange LUNCH: milk, hamburger on a bun (wg) fries, pears	1 BREAKFAST: milk, juice, cereal,(wg) grapes LUNCH: milk, mini corn dogs, green beans, applesauce, fudge round	2 BREAKFAST: milk, juice, mini cinnis, banana LUNCH: milk, chicken tacos, lettuce, tomatoes, (wg) tortilla shell, cheese, corn, peaches	3 BREAKFAST: milk, juice, mini blueberry waffles, banana, syrup cup LUNCH: milk,(wg) peanut butter jelly sandwich, carrot sticks, fruit cup, chips

An alternate lunch option will still be available for 3rd-8th grades. Lunch items will be:

2 slices whole wheat bread, 2 oz peanut butter, applesauce, carrot sticks, cheese sticks

wg = whole grain