



October





Monday Favorites
 Breakfast:
 Cereal
 Yogurt Parfait
 Toast
Lunch:
 Whole Grain Chicken Nuggets with Roll
 Pepperoni or Cheese Pizza
 Regular or Spicy Chicken Sandwich
 Cheeseburger
 P, B and J Sandwich
 Yogurt and Fruit Parfait

Tuesday Favorites
 Breakfast:
 Cereal
 Yogurt Parfait
 Toast
Lunch:
 Pepperoni or Cheese Pizza
 Regular or Spicy Chicken Sandwich
 Cheeseburger
 Assorted Daily Subs
 Yogurt and Fruit Parfait

Wednesday Favorites
 Breakfast:
 Cereal
 Yogurt Parfait
 Toast
Lunch:
 Pepperoni or Cheese Pizza
 Regular or Spicy Chicken Sandwich
 Cheeseburger
 P, B and J Sandwich
 Yogurt and Fruit Parfait

Thursday Favorites
 Breakfast:
 Cereal
 Yogurt Parfait
 Toast
Lunch:
 Pepperoni or Cheese Pizza
 Regular or Spicy Chicken Sandwich
 Cheeseburger
 Assorted Wraps
 Yogurt and Fruit Parfait

Friday Favorites
 Breakfast:
 Cereal
 Yogurt Parfait
 Toast
Lunch:
 Pepperoni or Cheese Pizza
 Regular or Spicy Chicken Sandwich
 Cheeseburger
 P, B and J Sandwich
 Yogurt and Fruit Parfait

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast: Strawberry Crunch Bar Lunch: Hot Dog with Chips	3 Breakfast: Breakfast on a Stick Lunch: French Toast with Sausage	4 Breakfast: Berry Apple Crisp Bar Lunch: Macaroni and Cheese	5 Breakfast: Mini Strawberry Pancakes Lunch: Bean and Cheese Burrito	6 Breakfast: Cinnamon Breakfast Round Lunch: Dip and Dunkers
9 Breakfast: Blueberry Muffin Lunch: BBQ Ribette Sandwich	10 Breakfast: Cheese and Sausage Sandwich Lunch: Chicken Tenders with Roll	11 Breakfast: Whole Grain Cinnamon Roll Lunch: Turkey Gravy	12 Breakfast: Mini Maple Waffle Lunch: Beef Soft Tacos	13 No School
16 Breakfast: Strawberry Crunch Bar Lunch: Corn Dog with Chips	17 Breakfast: Breakfast on a Stick Lunch: Egg and Cheese Sandwich with Tots	18 Breakfast: Berry Apple Crisp Bar Lunch: Spaghetti with Meatballs	19 Breakfast: Mini Strawberry Pancakes Lunch: Taco Salad	20 Breakfast: Cinnamon Breakfast Round Lunch: Toasted Cheese Sandwich with Soup
23 Breakfast: Blueberry Muffin Lunch: Sloppy Joe with Tots	24 Breakfast: Sausage and Cheese Sandwich Lunch: Teriyaki Tenders with Rice	25 Breakfast: Whole Grain Cinnamon Roll Lunch: Hot Ham and Cheese Sandwich	26 Breakfast: Mini Maple Waffles Lunch: Bean and Cheese Quesadilla	27 Breakfast: Strawberry Cream Cheese Bagel Lunch: Fish and Chips
30 Breakfast: Strawberry Crunch Bar Lunch: Hot Dog with Chips	31 Breakfast: Breakfast on a Stick Lunch: French Toast Sticks and Sausage Patty	 EAT 5 A DAY for better health	All meals include "All You Can Eat" variety of fresh and canned fruits and vegetables Hot and cold cereal, toast or yogurt also available at breakfast Menu subject to change	

"USDA and this institution are equal opportunity providers and employers."