

# October 2018 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Pork-Rib-on-a-Bun, Lettuce &amp; Tomato Slice, Sweet Potato Puffs, Apple, Peaches, Milk</p>	<p><b>2</b> <b>Breakfast:</b> Pancakes or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Taco Soup, Tortilla Chips &amp; Tomato Salsa, Broccoli, Pears, Tropical Fruit, Milk</p>	<p><b>3</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Corndog, Green Beans, Tater Tots, Applesauce, Oranges, Snickerdoodle, Milk</p>	<p><b>4</b> <b>Breakfast:</b> Breakfast Pizza or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chicken Quesadilla, **Tortilla Chips, **Black Bean Salsa, Refried Beans, Banana &amp; Strawberries, Milk</p>	<p><b>5</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Cowboy Cavatini, Whole Wheat Roll &amp; Jelly, Corn, Salad, Kiwi, Pineapple, Milk</p>
<p><b>8</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chicken Tetrazzini, Garlic Bread, Salad, Peas, Applesauce, Kiwi, Milk</p>	<p><b>9</b> <b>Breakfast:</b> Biscuit &amp; Gravy or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Sloppy Joe -on-a-Bun, Roasted Red Potatoes, Corn, Apple, Peaches, Milk</p>	<p><b>10</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Beef &amp; Noodles, Mashed Potatoes, peas, *Blueberry Oat Muffin, Pear, Mandarin Oranges, Milk</p>	<p><b>11</b> <b>Breakfast:</b> French Toast Sticks or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Country Style Beef Patty, * Whole Wheat Roll &amp; Jelly, Mashed Potatoes &amp; Gravy, Steamed Broccoli, Pineapple, Oranges, Milk</p>	<p><b>12</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Baked Chicken Drumstick, Savory Rice, Oatmeal Roll &amp; Jelly, Celery, Cherry Tomatoes, Banana, Mixed Fruit, Milk</p>
<p><b>15</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Hamburger -on-a-Bun, Lettuce, Tomato Slice, Oven Fries, Oranges, Pear, Milk</p>	<p><b>16</b> <b>Breakfast:</b> Pancakes or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chili, ** Tortilla Chips, Red Bell Pepper Strips, Cinnamon Roll, Peaches, Pineapple, Milk</p>	<p><b>17</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chicken Nuggets, Whole Wheat Roll &amp; Jelly, Mashed Potatoes &amp; Gravy, Tossed salad, Mixed Fruit, Apple, Milk</p>	<p><b>18</b> <b>Breakfast:</b> Breakfast Pizza or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Baked Ham, Angel Biscuit &amp; Jelly, Apple Glazed Sweet Potatoes, Green Beans, Grapes, Banana, **Honey Apple Crisp, Milk</p>	<p><b>19</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Mac &amp; Cheese &amp; Meatballs, *Whole Wheat Bread &amp; Jelly, Corn, Baby Carrots, Mandarin Oranges, Tropical Fruit, Milk</p>
<p><b>22</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Beef &amp; Bean Burrito, ** Tortilla Chips, Tomato Salsa, Salad &amp; Tomato, Mexican Corn, Peaches, Pears, Milk</p>	<p><b>23</b> <b>Breakfast:</b> Biscuit &amp; Gravy or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Stromboli Squares, **Garlic Breadstick, Salad, Baby Carrots, Applesauce, Mandarin Oranges, Milk</p>	<p><b>24</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> BBQ Beef -on-a-Bun, Peas, Baked Beans, *Brownie, Mixed Fruit, Pineapple, Milk</p>	<p><b>25</b> <b>Breakfast:</b> French Toast Sticks or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Turkey &amp; Cheese Sub Sandwich, Lettuce, Tomato Slice, Sweet Potato Fries, Kiwi, Banana, Milk</p>	<p><b>26</b></p> <p><b>No School</b></p>
<p><b>29</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Lasagna, Garlic Bread Stick w/Marinara Sauce, Salad, Baby Carrots, Banana, Kiwi, Choc Chip Cookie, Milk</p>	<p><b>30</b> <b>Breakfast:</b> Pancakes or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Taco Burger -on-a-Bun, *Tortilla Chips, Salad, Tomato Salsa, Refried Beans, Pear, Applesauce, Milk</p>	<p><b>31</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Pepperoni Pizza, Celery Sticks, Cherry Tomatoes, Orange, Pineapple, Milk</p>	<p><b>Nov 1</b> <b>Breakfast:</b> Breakfast Pizza or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Hot Ham &amp; Cheese-on-a-Bun, Potato Wedges, Broccoli, Mixed Fruit, Peaches, Milk</p>	<p><b>Nov 2</b> <b>Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chicken Patty, Roll, Mashed Potatoes &amp; Gravy, Asparagus, Grapes, Tropical Fruit, Milk</p>

This institution is an equal opportunity provider. \* 6-12 Only  
\*\* 9-12 Only