


October 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Breakfast</u> Assorted juices & cereal available daily</p>		<p>1 B-French Toast</p> <p>L-Fish sandwich, green beans, tater tots & fruit</p>	<p>2 B-Bagel/ham</p> <p>L-Turkey sandwich, soup w/crackers, veggies w/dip, leaf lettuce w/tomato & fruit</p>	<p>3 B-Apple turnover</p> <p>L-Sloppy joe, nachos w/cheese sauce, corn & fruit</p>	<p>4 B-Cinnamon roll</p> <p>L-BBQ chicken bites, rice pilaf, peas & fruit</p>	5
6	<p>7 B-Waffles</p> <p>L-Chicken sandwich, french fries, green beans & fruit</p>	<p>8 B-Oatmeal & muffin</p> <p>L-Hot pork, mashed potatoes w/gravy, corn, buttered bread & fruit</p>	<p>9 B-Cowboy bread & sausage links</p> <p>L-Chili w/crackers, corn, cheese sticks, chocolate cake & fruit</p>	<p>10 B-Sausage, egg & cheese biscuit</p> <p>L-Tater tot hotdish, mixed veggies, buttered bread & fruit</p>	<p>11 B-Caramel roll</p> <p>L-Mini corn dogs, smiley potatoes, broccoli & fruit</p>	12
13	<p>14 B-Funnel cakes</p> <p>L-Lasagna w/meat sauce, corn, garlic bread stick & fruit</p>	<p>15 B-Bagel & ham</p> <p>L-Ham/cheese sandwich, soup w/crackers, leaf lettuce w/tomato & fruit</p>	<p>16 B-Cinnamon roll</p> <p>L-Stuffed crust pizza, California medley, veggies w/dip & fruit</p>	<p>MEA NO SCHOOL</p>	<p>MEA NO SCHOOL</p>	19
20	<p>21 B-Pancakes</p> <p>L-Cheeseburger, french fries, carrots, lettuce/tomato & fruit</p>	<p>22 B-Scrambled egg, ham & muffin</p> <p>L-Grilled cheese sandwich, soup w/crackers, celery stick & fruit</p>	<p>23 B-Stuffed hash browns</p> <p>L-Baked potato bar w/ham/broccoli/cheese/chili/sour cream & fruit</p>	<p>24 B-Breakfast pizza</p> <p>L-Hamburger gravy over mashed potatoes, corn, buttered bread & fruit</p>	<p>25 B-Caramel roll</p> <p>L-Cheesy bread w/dunker sauce, peas & fruit</p>	26
27	<p>28 B-Breakfast pizza</p> <p>L-Hot dog, baked beans, mac & cheese & fruit</p>	<p>29 B-Breakfast burrito</p> <p>L-Chicken or beef taco w/lettuce & tomato cup, sour cream, refried beans, tater tots & fruit</p>	<p>30 B-Sausage gravy over biscuit</p> <p>L-Chicken gravy over mashed potatoes, green beans & fruit</p>	<p>31 - Halloween! B-Pancake wrap</p> <p>L-Chicken nuggets, french fries, veggies w/dip & fruit</p>		<p><u>Lunch:</u> Bread, fruit & assorted milk are available daily. Salad bar is available for a lunch alternative for grades 4-12</p>