

# October 2012



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 B-Pancakes</p> <p>L-Cheeseburger w/lettuce &amp; tomato, fresh carrots, sweet potato fries, pickle &amp; fruit</p>	<p>2 B-Yogurt &amp; muffin</p> <p>L-Macaroni hotdish w/Parmesan cheese, green beans, bread stick &amp; fruit</p>	<p>3 B-Breakfast pizza</p> <p>L-Sloppy joe, nachos w/cheese sauce, carrots &amp; fruit</p>	<p>4 B-Sausage gravy over biscuit</p> <p>L-Beef tips, mashed potatoes or whole grain noodles, corn &amp; fruit</p>	<p>5 B-Cinnamon roll</p> <p>L-BBQ chicken bits, french fries, California Blend &amp; fruit</p>
<p>8 B-Waffles</p> <p>L-Riblet on a bun, dark green leaf lettuce, tater tots, green beans &amp; fruit</p>	<p>9 B-Oatmeal &amp; muffin</p> <p>L-Chicken nuggets, rice pilaf, broccoli &amp; fruit</p>	<p>10 B-Apple turnover</p> <p>L-Beef ravioli w/red sauce, peas/carrots, garlic bread &amp; fruit</p>	<p>11 B-Bagel &amp; ham</p> <p>L-Turkey/cheese sandwich, w/ dark green lettuce &amp; tomato , soup w/crackers &amp; fruit</p>	<p>12 B-Caramel roll</p> <p>L-Min corn dogs, pork &amp; beans, mac &amp; cheese &amp; fruit</p>
<p>15 B-French toast</p> <p>L-Beef over noodles, mixed veggies, bread &amp; fruit</p>	<p>16 B-Egg bake w/ham</p> <p>L-Ham/cheese sandwich, Chicken &amp; dumpling soup w/crackers, celery sticks &amp; fruit</p>	<p>17 B-Cinnamon Roll</p> <p>L-Stuffed crust pizza, Romaine lettuce salad &amp; fruit</p>	<p><b>NO SCHOOL</b></p>	
<p>22 B-Stuffed hash browns</p> <p>L-Fish nuggets, sweet potato fries, California Medley &amp; fruit</p>	<p>23 B-English muffin &amp; ham</p> <p>L-Hamburger gravy over mashed potatoes, corn, buttered bread &amp; fruit</p>	<p>24 B-Scrambled egg &amp; ham muffin</p> <p>L-Baked Potato w/ham, cheese, broccoli, chili, butter, sour cream &amp; fruit</p>	<p>25 B-Hot pocket</p> <p>L-Chicken fajita w/ cheese, lettuce &amp; tomato, refried beans, beets, carrots &amp; fruit</p>	<p>26 B-Caramel roll</p> <p>L-Hot dog, smiley potatoes, corn &amp; fruit</p>
<p>29 B-Funnel cakes</p> <p>L-Chicken sandwich, green beans, potato wedges &amp; fruit</p>	<p>30 B-Pancake wrap</p> <p>L-Chicken gravy over biscuit, carrots &amp; fruit</p>	<p>31 B-Saus., egg &amp; cheese biscuit</p> <p>L-Lasagna w/meat sauce, corn, garlic toast &amp; fruit</p>	<p><u>Breakfast</u> Assorted juices &amp; cereal available daily</p>	<p><u>Lunch:</u> Bread, fruit &amp; assorted milk are available daily. Salad bar is available for a lunch alternative for grades 4-12</p>