

October Menu

ELEMENTARY

Eerie Eyeballs

An Uncrustable Grab N' Go and Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Alfredo with Garlic Bread or Choice of Pizza Glazed Carrots Seasoned Vegetables Banana Sundaes	4 Totchos or Tornadoes Pinto Beans Garden Fresh Salad Spanish Rice Homemade Salsa Fruit Cup	5 Smothered Steak or Chicken Strips with Hot Roll Mashed Potatoes Seasoned Green Beans Mixed Fruit Cup	6 Asian Bowl with Fried Rice or Popcorn Chicken Choice of Seasoned Vegetables Fruit Salad	7 Mexican Burger or Chicken Sandwich Basket with Fries Shredded Lettuce Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
10 <i>Enjoy your day off!</i>	11 Nachos Tossed Salad Refried Beans Spanish Rice Homemade Salsa Fresh Apples	12 Country Bowl or Country Bucket Hot Roll Seasoned Vegetables Fruit Cup	13 Grilled Turkey & Cheese Sandwich or Corn Dog Choice of Chips Baked Beans Carrot Dippers Strawberries & Cream	14 Cheese Burger or Chicken Sliders Basket with Fries Shredded Lettuce Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
17 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Cup	18 Tacos or Crisпитos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	19 Boneless Wings or Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Colorful Pears	20 Mexican Mac & Cheese or Cheesy Bread Bites Carrot Dippers Seasoned Corn Fruit Cup	21 Chicken Sandwich or BBQ on Bun Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
24 Baked Ziti with Garlic Toast or Pizza Seasoned Vegetables Garden Salad Banana Sundaes	25 Street Tacos Chicken Fajitas or Grilled Beef in a Soft Corn Tortilla Rice and Beans Lettuce & Tomatoes Homemade Salsa Fruit Cup	26 Crispy Chicken Drumstick or Chicken Strips Hot Roll Mashed Potatoes Steamed Baby Carrots Orange Smiles	27 Asian Bowl with Fried Rice or Popcorn Chicken Choice of Seasoned Vegetables Fruit Salad	28 GRAB N' GO SACK LUNCH 

Ingredients:

- Apple Rings (1 per eye)
- Dried Apricots (1/2 per eye)
- Raisins

How to Make It:

1. For each pair of eyes, gently flatten two dried apple rings with the palm of your hand.
2. Carefully slice a dried apricot through the middle so that you end up with two circular halves. Press a half, sticky side down, onto the center of an apple ring, covering the hole.
3. For pupils, place the raisins onto the apricots.



Breakfast

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk will be offered.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Breakfast on Bun	French Toast Sticks	Bacon & Eggs w/ Toast	Pancake Wrap	Biscuit & Gravy
Week 2	Breakfast Bowl	Banana Bread	Eggs & Sausage w/ Toast	Breakfast Sausage	Fruit Frudel