


# OCTOBER 2019



Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Chicken Cordon Blue Sandwich or Cheese Burger Basket with Curly Fries Lettuce, Pickles, & Tomatoes Choice of Fresh Fruit	1 Quesadillas or Crisпитos Spanish Rice Refried Beans Steamed Vegetables Homemade Salsa Pineapple Fluff	2 Lasagna with Cheesy Garlic Bread or Pizza Fresh Seasonal Vegetables Italian Salad Mixed Fruit	3 Chicken Strips or Steak Fingers with Biscuit Creamy Mashed Potatoes Glazed Carrots Peach Crisp	4 Sub Sandwich or PB&J Sandwich Sandwich Toppings Cucumber Nachos Choice of Chips Fresh Fruit Salad
7 Chopped BBQ on Bun or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes, & Onions Choice of Fresh Fruit	8 Taco Tuesday!! Spanish Rice Pinto Beans Shredded Lettuce & Tomato Homemade Salsa Fruit Wiggles	9 Cheesy Bread Sticks with Marinara Sauce or Pizza Seasoned Sweet Corn Garden Fresh Salad Fruit Cup	10 Boneless Chicken Wings or Chicken Nuggets with Hot Roll Creamy Mashed Potatoes Seasoned Green Beans Banana Sundaes	11 Creamy Three Cheese Mac & Cheese with Texas Toast or Grilled Cheese Sandwich Steamed Broccoli Fresh Baby Carrots Berries & Cream
14 <i>Enjoy Your Day Off!</i> 	15 Nachos Rice & Refried Beans Shredded Lettuce w/ Tomatoes Homemade Salsa Tropical Fruit	16 Spagazza with Garlic Toast or Pizza Green Beans Italian Salad Fruit Cup	17 Baked Chicken or Smothered Steak Hot Roll Roasted Potatoes Steamed Baby Carrots Fruit Cup	18 Crispy Chicken Salad or Chicken Smackers with Mashed Potatoes Bread Sticks Seasoned Vegetables Strawberries & Cream
21 Chicken Strip Sandwich or Cheese Burger Basket Lettuce & Pickles Sliced Tomatoes Choice of Fresh Fruit	22 Quesadillas or Burrito Pinto Beans Spanish Rice Lettuce & Tomato Homemade Salsa Fruit Salad	23 Meatball Subs with Baked Chips or Pizza Fresh Cucumber & Tomato Salad Seasoned Vegetables Mixed Fruit	24 Chicken and Waffles Roasted Corn Iron Man Salad Fruit Cup	25 Asian Bowl or PB&J Sandwich Oriental Vegetables Steamed Baby Carrots Tropical Pineapple
28 Chopped BBQ on Bun or Chicken Sandwich Basket Lettuce, Pickles, Tomatoes, & Onions Choice of Fresh Fruit	29 Taco Tuesday!! Tacos Rice & Refried Beans Shredded Lettuce & Tomato Homemade Salsa Fruit	30 Chicken Alfredo with Bread Stick or Pizza Italian Salad Green Beans Peach Cup	31 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Steamed Vegetables Banana Sundaes <i>HAPPY HALLOWEEN!</i>	November 1 Chili Cheese Tots or Chili Dog with Chips Baby Carrots and Ranch Dressing Seasoned Vegetables Fruit Cup

## Celebrate!

As we enter into October it is hard not to think of the Holiday season that is right around the corner! Check out some fun Holidays below you can celebrate now to hold you over until Halloween at the end of the month!

- National Custodian Day on October 2nd 
- National Cinnamon Roll Day on October 4th- Come to the cafeteria during breakfast to get yours!
- National School Lunch Week is October 14-18!! Celebrate by eating lunch at your school cafeteria!

What and how are you going to celebrate this month?

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

Monday	Tuesday	Wednesday	Thursday	Friday
Pig in a Blanket or French Toast Sticks	Breakfast Bowl w/ Tortilla or Breakfast Sandwich	Breakfast Pizza	Pancake Wrap or Biscuit w/ Sausage & Gravy	Cinnamon Roll w/ Sausage or Eggs w/ Toast and Bacon or Sausage



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