


OCTOBER MENU

Secondary

Every lunch also includes a choice of milk.

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

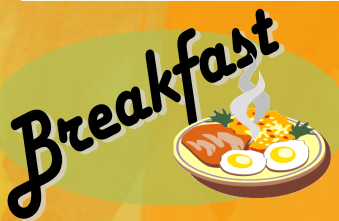
Celebrate!

As we enter into October it is hard not to think of the Holiday season coming up 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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