


OCTOBER 2019



Every lunch includes a choice of milk.

Monday	Tuesday	Wednesday	Thursday	Friday
September 30 Cheese Burger Basket with Curly Fries Lettuce & Pickles 1 Choice of Fresh Fruit	1 Quesadillas Spanish Rice Refried Beans Steamed Vegetables Pineapple Fluff	2 Pizza Fresh Seasonal Vegetables Italian Salad Mixed Fruit	3 Chicken Strips with Biscuit Creamy Mashed Potatoes Glazed Carrots Peach Crisp	4 Sub Sandwich Sandwich Toppings Cucumber Nachos Choice of Chips Fresh Fruit Salad
7 Chopped BBQ on Bun with French Fries Lettuce & Pickles Choice of Fresh Fruit	8 Taco Tuesday!! Tacos Spanish Rice Pinto Beans Shredded Lettuce and Tomato Fruit Wiggles	9 Cheesy Bread Sticks with Marinara Sauce Seasoned Sweet Corn Garden Fresh Side Salad Fruit Cup	10 Chicken Nuggets Hot Roll Creamy Mashed Potatoes Celery Sticks Banana Sundaes	11 Creamy Three Cheese Mac & Cheese with Texas Toast Broccoli Fresh Baby Carrots Berries & Cream
14 <i>Enjoy Your Day Off!</i> 	15 Nachos Spanish Rice Refried Beans Shredded Lettuce with Tomatoes Tropical Fruit	16 Pizza Green Beans Italian Salad Fruit Cup	17 Chicken Nuggets Hot Roll Roasted Potatoes Steamed Baby Carrots Fruit Cup	18 Chicken Smackers Mashed Potatoes Bread Sticks Seasoned Vegetables Strawberries & Cream
21 Cheese Burger Basket with French Fries Pickle Salad Choice of Fresh Fruit	22 Quesadillas Spanish Rice Pinto Beans Lettuce & Tomato Fruit Salad	23 Pizza Fresh Cucumber and Tomato Salad Seasoned Vegetables Mixed Fruit	24 Chicken and Waffles Roasted Corn Iron Man Salad Fruit Cup	25 PB&J and Cheese Stick Teddy Grahams Baby Carrots Tropical Pineapple
28 Chicken Sandwich Basket with French Fries Pickle Salad Choice of Fresh Fruit	29 Taco Tuesday!! Tacos Spanish Rice Refried Beans Lettuce and Tomato Fruit	30 Pizza Italian Salad Green Beans Peach Cup	31 Steak Fingers Hot Roll Mashed Potatoes Steamed Vegetables Banana Sundaes <i>Happy Halloween!</i>	November 1 Chili Cheese Tots Baby Carrots and Ranch Dressing Seasoned Vegetables Fruit Cup

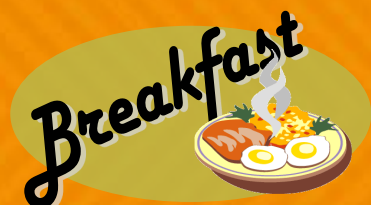
Celebrate!

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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