

# October lunch

	M	T	W	Th	F	
2 	3 Corndog 18 g Chips 15 g Jr Hamburger 27 g	4 Pretzel&Cheese 13g Corn 19g Jr Mac n Cheese 44 g	5 Chicken nuggets X4= 9 g Green beans 7 g Jr Hot dog 21 g	6 Sweet & Sour Chicken 20 g Rice 45 g Jr 2x egg rolls	7 Pizza 21g Cookie 13g	8 
9	10 Sloppy Joe 26 g Chips 15 g Jr Roast beef sliders 27 g	11 Pasta choice of sauce: Meaty spaghetti 26 g Chicken Alfredo 18 g Jr Corndogs 18 g	12 Hamburger 27 g Fries Jr Hot dog 21 g	13 NO SCHOOL Fall Break	14 NO SCHOOL Fall Break	15
16	17 Walking tacos Corn 19 g Jr Turkey Sandwich 26g	18 Breakfast for Lunch: Pancake 15 g Sausage link 1 g egg patty 2 g Jr Lunch Corndogs 18 g	19 Turkey wraps 30 g Chips 15 g Jr Hot dog 21 g	20 Broccoli & cheese soup 17 g Jr Cheese quesadilla	21 Pizza 21g Cookie 13g	22
23	24 Egg Roll 23 g Mixed Veggies 10 g Jr Hamburger 27 g	25 Chicken nuggets X4= 9 g Corn 19 g Jr Corndogs 18 g	26 Mac&Cheese 44g Chips 15g Jr Hot dog 21 g	27 Chili 30 g Cornbread 15 g Jr Chili fries 43 g	28 NO SCHOOL Fall Break	29
30 	31 Mummy Dogs 13 g Zombie finger sugar cookies 13g Jr Hamburger 27g	Daily options: *Peanut Butter & Jelly Sandwich *Entrée Salad	*Items may change due to availability *			

# October breakfast

	M	T	W	Th	F	
2 	3 Mini bagel Choice of milk/juice Choice of fruit	4 Waffle Choice of milk/juice Choice of fruit	5 Fruit Parfait Choice of milk/juice Choice of fruit	6 Breakfast Sandwich Choice of milk/juice Choice of fruit	7 Mini Cinnamon roll Choice of milk/juice Choice of fruit	8 
9	10 Mini applestrudel Choice of milk/juice Choice of fruit	11 Mini bagel Choice of milk/juice Choice of fruit	12 Muffin Choice of milk/juice Choice of fruit	13 NO SCHOOL Fall Break	14 NO SCHOOL Fall Break	15
16	17 Hashbrown Patty & a sausage link Choice of milk/juice Choice of fruit	18 Waffles Choice of milk/juice Choice of fruit	19 Pancake Choice of milk/juice Choice of fruit	20 Mini Bagel Choice of milk/juice Choice of fruit	21 Mini Cinnamon roll Choice of milk/juice Choice of fruit	22
23	24 Breakfast sandwich Choice of milk/juice Choice of fruit	25 Mini applestrudel Choice of milk/juice Choice of fruit	26 Mini Bagel Choice of milk/juice Choice of fruit	27 Hash brown w/a sausage link Choice of milk/juice Choice of fruit	28 NO SCHOOL Fall Break	29
30 	31 Pancake Choice of milk/juice Choice of fruit	Daily option of a variety of cereal	*Items may change due to availability *			