

October Menu

*All Meals served with Low Fat, Chocolate or Lactose free milk

**Continental Breakfast will include the above milk options, 2 juice choices, a form of fruit, 4 cereal options, yogurt or string cheese. Some days will have additional other options such as cream cheese bagel bites, whole grain english muffins, omelet or other items; depending on availability.

	Mon 10/3	Tues 10/4	Wed 10/5	Thur 10/6	Fri 10/7
Breakfast Milk & juice	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Lunch Served with milk	Chef Salad	Taco Tuesday	Burger and fries	Chicken Rice hotdish	Beef Stew
	Mon 10/10	Tues 10/11	Wed 10/12	Thur 10/13	Fri 10/14
Breakfast Milk & juice	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Lunch Served with milk	Spaghetti and meatballs	Indian Tacos	Egg Bake and smoothie	Stuffed crust Cheese pizza	Chicken Tortilla soup
	Mon 10/17	Tues 10/18	Wed 10/19	Thur 10/20	Fri 10/21
Breakfast Milk & juice	Continental Breakfast	Continental Breakfast	Continental Breakfast		
Lunch Served with milk	Macaroni & Cheese Salad	Quesadillas	Chicken Mashed potatoes and gravy	No School	No School
	Mon 10/24	Tues 10/25	Wed 10/26	Thur 10/27	Fri 10/28
Breakfast Milk & juice	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Lunch Served with milk	Meatloaf Roasted veggies	Chicken Fajitas	French Toast	Lasagna	Butternut squash soup, sandwiches
	Mon 10/31	Tues 11/1	Wed 11/2	Thur 11/3	Fri 11/4
Breakfast Milk & juice	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Lunch Served with milk	Chili Cheese Dogs	Taco Salad	Student Homemade Pizza	Tuna Salad	Vegetable soup and sandwiches

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