



OCTOBER MENU



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>All meals include 5 food groups:</p>	<p>Protein (Meat, Cheese, Yogurt), Fruits, (fruit or juice) Vegetables, Whole Grains, and Dairy (Low fat Milk).</p>				<p>1 Meatballs, Mashed Potatoes, Gravy, Bread, Fruit, Salad Bar, Milk</p>	2
<p>3</p> 	<p>4</p> <p>Hotdog, Bun, Chips, Baked Beans, Fruit, Salad Bar, Milk</p>	<p>5</p> <p>Biscuits & Gravy, Sausage, Yogurt, Fruit, Juice, Salad Bar, Milk</p>	<p>6</p> <p>EARLY RELEASE, NO LUNCH SERVED</p>	<p>7</p> <p>Pizza, Fruit, Salad Bar, Milk</p> 	<p>8</p> <p>Teriyaki Chicken, Rice, Egg Roll, Fruit, Salad Bar, Milk</p>	9
<p>10</p> 	<p>11</p> <p>Chicken Nuggets, Rice, Fruit, Salad Bar, Milk</p>	<p>12</p> <p>Hamburger, Bun, Cheese, Baked Beans, Chips, Fruit, Salad Bar, Milk</p>	<p>13</p> <p>Sweet & Sour Asian Chicken, Rice, Egg Roll, Fruit, Salad Bar, Milk</p> 	<p>14</p> <p>Hot Ham & Cheese Sandwich, Tomato Soup, Yogurt, Fruit, Salad Bar, Milk</p>	<p>15</p> <p>Chicken Fajita, Fruit, Salad Bar, Milk</p>	16
<p>17</p> 	<p>18</p> <p>Corn dog, Macaroni & Cheese, Fruit, Salad Bar, Milk</p>	<p>19</p> <p>Breaded Steak Sticks, Mashed Potatoes & Gravy, Bread, Fruit, Salad Bar, Milk</p>	<p>20</p> <p>NO SCHOOL</p>	<p>21</p> <p>NO SCHOOL</p>	<p>22</p> <p>NO SCHOOL</p>	23
<p>24</p> <p>This institution is an equal opportunity provider.</p>	<p>25</p> <p>Softshell Taco, Fruit, Salad Bar, Milk</p> 	<p>26</p> <p>Sub Sandwich, Chips, Fruit, Salad Bar, Milk</p>	<p>27</p> <p>EARLY RELEASE NO LUNCH SERVED</p>	<p>28</p> <p>Chili, Bread, Yogurt, Fruit, Corn, Salad Bar, Milk</p> 	<p>29</p> <p>Chicken Patty Sandwich, Knoephla Soup, Fruit, Salad Bar, Milk</p>	30
<p>31</p> <p>MENU IS SUBJECT TO CHANGE</p>						