

October Breakfast and Lunch Menus

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|--|--|--|
| | 1% white milk or fat-free chocolate milk served with every meal. | | Cold Cereal Choices: Cinnamon Toasters Honey Nut Cheerios Shredded Mini Wheats | | Juice Choices: Apple Grape Orange | |
| 4 | 5 Oatmeal Toast Peaches Juice | 6 Waffle Toast Strawberries Juice | 7 Toast with Toppings Banana Juice | 8 Cold Cereal Toast Applesauce Juice | 9 Sausage Sandwich Mixed Fruit Juice | 10 |
| 11  | 12 Cold Cereal Toast Pears Juice | 13 French Toast Sticks Fresh Fruit Juice | 14 Banana Bread Toast Applesauce Juice | 15 Pancake Sausage Peaches Juice | 16 Oatmeal Toast Pineapple Juice | 17 |
| 18 | 19 Cheese Omelet Toast Banana Juice | 20 Toast with Toppings Applesauce Juice | 21 Sausage Sandwich Pineapple Juice | 22 Waffle Toast Peaches Juice | 23 Cold Cereal Toast Mandarin Oranges Juice | 24 |
| 25 | 26 Oatmeal Toast Fresh Fruit Juice | 27 Pancake Sausage Applesauce Juice | 28 Toast with Toppings Peaches Juice | 29 Cheese Omelet Toast Pineapple Juice | 30 No School | 31 HAPPY HALLOWEEN  |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | <i>The Oct. 6th menu was planned by the 6th grade class.</i> | | 1 1% white milk or fat-free chocolate milk served with every meal. | 2 | 3 |
| 4 | 5 Burritos with Cheese Lettuce & Tomato Peaches Chocolate Chip Cookie | 6 Meatball Casserole Strawberries Garlic Sticks Marshmallow Brownies | 7 Chicken & Noodles Peas Fresh Fruit Homemade Bread | 8 Pancakes Sausage Tater Tots Applesauce | 9 Pork Fritters Baked Beans Mixed Vegetables Mixed Fruit | 10 |
| 11  | 12 Spaghetti Lettuce Salad Pears Garlic Bread | 13 Pork Roast Mashed Potatoes Fresh Fruit Banana Bread | 14 Trailblazing Nachos Tomatoes Broccoli Applesauce Ranger Cookie | 15 Meatloaf Mashed Potatoes Peaches Homemade Bread | 16 Hamburgers Green Beans Corn Pineapple | 17 |
| 18 | 19 Chicken Fajitas Lettuce & Tomato Fresh Fruit Pumpkin Bar | 20 Hot Beef Sundae Cooked Carrots Applesauce Homemade Bread | 21 Chicken Soup PB Sandwich Veggie Ranch Salad Pineapple | 22 Pork & Noodles Peas Peaches Homemade Bread | 23 Mandarin Chicken Rice Pilaf Broccoli Mandarin Oranges | 24 |
| 25 | 26 BBQ Pork Sandwich Mixed Vegetables Fresh Fruit Banana Bar | 27 Goulash Corn Applesauce Homemade Bread | 28 Cheesy Potato Soup Ham Sandwich Carrot Sticks Peaches | 29 Tacos with Cheese Lettuce & Tomato Pineapple Peanut Butter Cookie | 30 No School | 31 TRICK OR TREAT  |

This institution is an equal opportunity provider.