



October 2018



"This institution is an equal opportunity provider and employer."

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Milk 1% white & Fat Free flavored All of our bread/grain products are whole grain.	State law requires our students to choose 3 of the 4 choices for a full breakfast and 3 of the 5 for a full lunch.	ALL STUDENTS MUST TAKE ½ or 1 cup OF FRUITS OR VEGETABLES EACH MEAL	Menu items subject to change. YOU CAN NOW VIEW AND PAY ON YOUR CHILDS ACCOUNT ON THE SCHOOL WEBSITE!	
1 Chicken patty, WG roll, sweet potato fries, let, tom, pickle & Cheese stick. <i>French toast</i>	2 Sloppy joe, WG roll, with FF, Steamed carrots, cole slaw, Fruit <i>Breakfast Pizza</i>	3 Sandwich Day tuna, Egg or turkey with Macaroni Salad, let, tom, cheese & fruit <i>Oatmeal, cereal, cereal bar</i>	4 Chicken fajita, wrap or over rice, peppers onions, cheese, Let, tom, fruit <i>Hash brown with sausage</i>	5 Mozzarella stick with Meatballs, Caesar salad mixed veggie, fruit <i>Mini cinnamon roll</i>
8 No School Columbus Day	9 Hot dogs, tator tots, baked beans, carrots, sauerkraut, fruit <i>Frudels- cherry or apple</i>	10 Popcorn chicken, w/mashed potato, gravy, corn, toss salad, Cranberry sauce, fruit <i>Toasted bagels</i>	11 Tukey bagel melt, olives, pickle, mixed vegetable, fruit <i>Breakfast on a stick</i>	12 Pizza, sausage, cheese ,fresh veggies, Caesar salad, fruit <i>Cereal, cereal bar, oatmeal</i>
15 Hamburger, cheeseburger, let, tom, pickle, onion, hash brown, Fruit Pancake and sausage	16 Chicken tenders, sweet potato fries, carrots, tossed salad, fruit <i>muffins</i>	17 Nacho Grande with tom, let, black olives, refried beans, salsa and fruit <i>French toast</i>	18 Spaghetti and Meatballs, Broccoli, Caesar salad, garlic toast, fruit <i>waffles</i>	19 No School Superintendent Conference Day
22 Chicken nuggets, rice pilaf, baked beans, cheese stick, pickle, California blend, fruit <i>Breakfast on a stick</i>	23 Top your own pasta, cheese or spaghetti sauce, broccoli, WG roll, tossed salad, fruit <i>Egg bacon cheese sandwich</i>	24 BBQ pork on a roll or over rice Coleslaw, fresh veggies, fruit <i>Cereal, cereal bar, oatmeal</i>	25 Grilled cheese, tomato soup, carrots fruit <i>Sausage and hash brown</i>	26 Pizza- pepperoni or cheese, fresh veggies, Caesar salad, fruit <i>Frudels, cherry or apple</i>
29 Turkey BLT wrap, pickle, olives, Veggie, fruit <i>Mini cinnamon roll</i>	3 Taco boats, let, tom, olives, Cheese, seasoned rice, corn and fruit <i>Toasted bagels</i>	31 Chicken and biscuits, cranberry Sauce, tossed salad, WG roll, Fruit <i>Pancake and sausage</i>		