

October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mini Donuts/Cereal, Juice, Apple, Milk 1 Chicken Tenders or Beef Roast Mashed Potatoes Green Beans Tossed Salad Sliced Peaches Bread Slices / Milk	Waffles, Juice, Orange, Milk 2 Cheeseburger or Fish Fillet on Bun Oven Fries Sliced Tomato, Lettuce, & Onion Tossed Salad Red Pepper Strips Mandarin Oranges / Milk	Cereal/Toast, Juice, Banana, Milk 3 Pizza Hut Pepperoni Pizza or Chicken Quesadilla Romaine/Leaf Lettuce Salad Corn Sliced Pears/Chocolate Crisp Granola Bar Sliced Bread / Milk	Saus.Gravy/Biscuit,Juice,Blueberries,Milk 4 BBQ Pork or Italian Beef on Bun Potato Wedges Tossed Salad Catalina Style Vegetables Fruit Salad Milk	NO SCHOOL REGIONAL INSTITUTE
NO SCHOOL COLUMBUS DAY	Muffin/Cereal, Juice, Orange,Milk 9 Rst. Pork Loin or Chicken Tenders Baby Baked Potatoes Green Beans Tossed Salad Mandarin Oranges Sliced Bread / Milk	French Toast, Juice, Banana, Milk 10 Hot Dog on Bun or Burrito Nachos w/Cheese Baked Beans Tossed Salad Fruit Mix Milk	Cheese Omelet/Toast, Juice 11 Grapes, Milk Deli Turkey Breast or BBQ Rib on Bun / Sl.Tomato & Lettuce Seasoned Fries / Tossed Salad Cherry Tomatoes Peach Half / Milk	
	Poptart/Cereal, Juice, Apple, Milk 15 Chick.Tenders or Pork Tenderloin Mashed Potatoes Green Beans Tossed Salad Fruit Salad Sliced Bread / Milk	Pancakes, Juice, Orange, Milk 16 Cheeseburger or Deli Turkey Breast on Bun / Oven Fries Sliced Tomato, Lettuce, & Onion Tossed Salad Fresh Broccoli Florets Sliced Peaches / Milk	Cereal/Toast, Juice, Banana, Milk 17 Taco in a Bag or Burrito Corn / Lettuce / Tomatoes / Salsa Cheese/Refried Beans/Jal.Peppers Pineapple Tidbits Cinnamon Crisps Sliced Bread / Milk	Sausage Biscuit,Juice,Blueberries, Milk 18 Chili or Cream of Potato Soup Peanut Butter Sandwich Carrot & Celery Sticks Tossed Salad Applesauce Milk
Mini Donut/Cereal, Juice, Apple, Milk 22 Pulled Pork on Bun or Chicken Tenders / Sliced Bread Oven Brown Potatoes Tossed Salad Cherry Tomatoes Sliced Pears / Milk	Flapstix, Juice, Orange, Milk 23 Hot Dog or Brat on Bun Nachos w/Cheese Baked Beans Tossed Salad Mixed Fruit Milk	Cereal/Toast, Juice, Banana, Milk 24 Pepperoni Pizza or Beef Stew Combination Salad Corn Strawberry Shortcake Sliced Bread Milk	Waffles, Juice, Grapes, Milk 25 Brd. Boneless Chicken Wings or Meatballs Potato Salad Catalina Style Vegetables Grapes/Tossed Salad Sliced Bread / Milk	NO SCHOOL PARENT/TEACHER CONFERENCES
Muffin/Cereal, Juice, Apple, Milk 29 Chicken Tenders or Beef & Noodles Mashed Potatoes Green Beans Tossed Salad Sliced Peaches Sliced Bread / Milk	Breakfast Burrito, Juice, Orange, Milk 30 Nachos Supreme or Chicken Fajita Corn/Lettuce/Tomatoes/Cheese Salsa/Refried Beans/Jal.Peppers Pineapple Tidbits Cupcake Milk	Cereal/Toast, Juice, Banana, Milk 31 BBQ Rib or Deli Turkey Breast on Bun Potato Wedges Sliced Tomato & Lettuce Tossed Salad/Steamed Broccoli Mandarin Oranges / Milk	Omelet/Toast,Juice,Blueberries,Milk(Nov) 1 Chili or Cream of Potato Soup Peanut Butter Sandwich Tossed Salad Carrot & Celery Sticks Applesauce Milk	