

October Breakfast and Lunch Menus

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27 Pancakes Sausage Peaches Juice	28 Cheese Omelet Toast Fresh Fruit Juice	29 Cold Cereal Toast Pears Juice	30 Banana Bread Toast Pineapple Juice	1 Toasted English Muffin Applesauce Juice	Juice Choices: Apple Grape Orange
3	4 Oatmeal Toast Mandarin Oranges Juice	5 Waffle Strawberries Juice	6 Sausage Sandwich Fresh Fruit Juice	7 Cold Cereal Toast Peaches Juice	8 Toast with PB&J Applesauce Juice	9 Cold Cereal Choices: Cinnamon Toasters Honey Nut Cheerios Shredded Mini Wheats
10 	11 No School	12 French Toast Sticks Pears Juice	13 Waffle Sausage Fresh Fruit Juice	14 Pancake Toast Pineapple Juice	15 Oatmeal Toast Applesauce Juice	16 1% white milk or fat-free chocolate milk served with every meal.
17	18 Toast with PB&J Applesauce Juice	19 Cinnamon Roll Toast Fresh Fruit Juice	20 Breakfast Burrito Peaches Juice 12:30pm Dismissal	21 Oatmeal Toast Pineapple 12:30pm Dismissal	22 No School	23
24	25 Pancake Toast Fresh Fruit Juice	26 Breakfast Pizza Applesauce Juice	27 Toast with PB&J Peaches Juice 1:00pm Dismissal	28 Zucchini Bread Toast Pears Juice	29 Waffles Sausage Pineapple Juice	30 
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27 Hot Beef Sundae Green Beans Peaches Homemade Bread	28 Spaghetti Mixed Vegetables Fresh Fruit Garlic Bread	29 Chicken Fajitas Lettuce & Tomato Pears Banana Bread	30 Pizza Burgers Corn Pineapple Pumpkin Cookie	1 Chicken Patties Broccoli Baked Beans Applesauce	2 1% white milk or fat-free chocolate milk served with every meal.
3 <i>The Oct. 5th menu was planned by the 6th grade class.</i>	4 Mandarin Chicken Rice Pilaf Broccoli Carrot Sticks Mandarin Oranges	5 Trailblazing Nachos Peppers & Salsa Mixed Vegetables Strawberries Chocolate Cake	6 Pork Roast Mashed Potatoes Baked Beans Fresh Fruit Homemade Bread	7 Cavatini Veggie Ranch Salad Peaches Garlic Bread	8 Pancakes Sausage Tator Tots Green Beans Applesauce	9
10 	11 No School	12 Burritos with Cheese Lettuce/Tomato Mixed Vegetables Pears Banana Bar	13 Chicken and Noodles Peas Green Beans Fresh Fruit Homemade Bread	14 Taco Lasagna Tomatoes Cauliflower Pineapple Peanut Butter Cookie	15 Hamburger French Fries Baked Beans Applesauce	16
17	18 Cheese Omelets Tator Tots Veggie Ranch Salad Applesauce Cinnamon Roll	19 BBQ Pork Sandwich Cooked Carrots Green Beans Fresh Fruit	20 Goulash Cauliflower Peaches Garlic Bread 12:30pm Dismissal	21 Meatloaf Mashed Potatoes Baked Beans Pineapple Homemade Bread 12:30pm Dismissal	22 No School	23
24 This institution is an equal opportunity provider.	25 Fish Sticks Green Beans Carrot Sticks Fresh Fruit Pumpkin Bar	26 Beef and Noodles Mixed Vegetables Tomatoes Applesauce Homemade Bread	27 Chicken Soup Ham Sandwich Broccoli Salad Peaches 1:00pm Dismissal	28 Tacos with Cheese Lettuce & Tomato Pears Zucchini Bread	29 Pork Fritter Corn Baked Beans Pineapple	30 

