



October



Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pork Link Sausage Scrambled Egg Brown Rice	2 French Toast Sticks
5 ←	6	7 No School	8 →	9
12 Pizza Stick	13 Portuguese Sausage Scrambled Egg Brown Rice	14 French Toast Sticks	15 Turkey Melt	16 Cereal Bowl WG Cracker
19 Breakfast Sandwich w/Pork Patty	20 Pancake Bites	21 Turkey Melt	22 Cereal Bowl WG Cracker	23 Pork Link Sausage Scrambled Egg Brown Rice
26 French Toast Sticks	27 Pizza Stick	28 Pancake Bites	29 Portuguese Sausage Scrambled Egg Brown Rice	30 Cereal Bowl WG Cracker

All-You-Can-Eat Fruit Bar Included. All Breakfast Meals must include at least ½ c fruit

Choice of 1/2 pint unflavored 1% or Fat Free Chocolate Milk

This Institution is an equal opportunity provider

Menu Subject to Change



October



Lunch				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Fries Brown Rice	2 Spanish Macaroni
5	6	7	8	9
12 Beef Katsu Brown Rice	13 Chicken Corndog	14 Cheese Quesadilla	15 BBQ Rib Sandwich Tater Tots	16 Chicken Curry Brown Rice
19 Chicken Nuggets Brown Rice	20 Pepperoni Pizza	21 Penne Alfredo Pasta	22 Fish Burger Fruit Slushy	23 Chili w/Beans Brown Rice
26 Teri Burger Thin Cut Fries	27 Chicken Bites Brown Rice	28 Macaroni & Cheese	29 Pork Chops w/Gravy Brown Rice	30 Beef Soft Taco

All-You-Can-Eat Fruit and Vegetable Bar Included. All Lunch Meals must include at least ½ c fruit and/or
All Lunch Meals include choice of ½ Pint Unflavored 1% or Fat Free Chocolate Milk

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