



October Lunch Menu

Mon	Tue	Wed	Thu	Fri
		1 B: Apple Strudel L: Chicken Nuggets Mashed Potatoes w/ Gravy Tea Roll	2 B: Long Johns L: Hamburger on a Bun Waffle Fries Brownies	3 B: Breakfast Pizza L: Turkey Melt Peas Chips
6 B: Mini Banana Loaf L: Chicken Alfredo Garlic Bread Peas Oreo Fluff	7 B: Breakfast Wrap L: Mandarin Orange Chicken Asian Rice Corn Tea Roll Fortune Cooke	8 B: Pancakes L: Salisbury Steak Mashed Potatoes w/ Gravy Tea Roll	9 B: Omelets L: Spaghetti & Meatballs Stuffed Bread Sticks Green Beans	10 B: Mini Strawberry Cream Cheese Bagel L: Chicken Patty on a Bun Spiral Fries
13 B: Egg Bites L: Crisпитos w/ Cheese Sauce Corn Tea Roll	14 B: Banana Bar L: Chicken & Cheese Quesadilla Baked Beans Chips	15 B: Glazed Donut L: Chicken Strips Mashed Potatoes w/ Gravy Tea Roll	16 B: Breakfast Cookie L: Sloppy Joe California Blend w/Cheese Cookie	17 B: Blueberry Muffin L: Mini Corn Dogs Tater Tots Green Beans
20 B: Waffles L: Chicken Fajita on Flatbread Peas Apple Crisp	21 B: Uncrustables L: Soft Shell Tacos Refried Beans Smiley Fries	22 B: Yogurt & Pop Tart L: Country Fried Steak Mashed Potatoes w/ Gravy Tea Roll	23 B: Scrambled Eggs L: Chili Crackers Cinnamon Roll Cheese Stick	24 NO SCHOOL FALL BREAK
27 B: Chocolate Donut L: Biscuits & Gravy Tri Tator Corn Cheese stick	28 B: French Toast Sticks L: Fiestada Pizza Bread Stick w/ Marinara Sauce Jello	29 B: Eggs, Sausage, Biscuit L: Popcorn Chicken Mashed Potatoes w/ Gravy Tea Roll	30 B: Breakfast Scrambler L: BBQ Rib Patty Mac-n-Cheese Ice Cream	31 B: Cinnamon Roll L: Italian Dunkers Marinara Sauce Green Beans

All Breakfast Meals (B) include: Variety of cereal or oatmeal.

All Lunch Meals (L) include:

**8 oz. Milk
Salad Bar**

All Breakfast Meals (B) Include: 8 oz. Milk, Fruit or Fruit Juice

**Salad Bar may include the following options:
Tomatoes
Bean Variety
Fruit Variety**

**Fresh Lettuce
Carrots / Celery
Diced Eggs
Cucumbers**