

	Monday	Tuesday	Wednesday	Thursday	Friday
October 1st - 5th	Milk (Skim or 1%), Fruit, 100% Juice, and Yogurt offered every day				
	Breakfast Burrito	Assorted Bread Cereal	Scrambled Eggs Toast / Jelly	Bagel w/ Cream Cheese	Pancake w/ Syrup
	Salad bar and Milk (Skim or 1%) offered every day				
	BBQ Chicken Sandwich Baked Beans Steamed Broccoli Frozen Juice Cup	Cheeseburger Sweet Potato Fries Golden Corn Applesauce	3-Cheese Chicken Bake Green Beans Carrots Pineapple	Salisbury Steak & Sliced Bread Mashed Potatoes & Gravy Veggie Blend Cantaloupe / Honeydew	Fish w/ Brown Rice Spinach Parmesan Crusted Red Potatoes Grapes
October 8th - 12th	Milk (Skim or 1%), Fruit, 100% Juice, and Yogurt offered every day				
	Go-Gurt & Muffin Cereal	Sausage Gravy Biscuit	Cinnamon Rolls Cereal	No School	No School
	Salad bar and Milk (Skim or 1%) offered every day				
	Mac & Cheese w/ Smokies Breadstick Green Beans 100% Fruit Juice	Sloppy Joe on Bun Steamed Broccoli Tater Tots Pineapple	French Bread Pizza w/ Marinara Golden Corn Mixed Fruit	No School	No School
October 15th - 19th	Milk (Skim or 1%), Fruit, 100% Juice, and Yogurt offered every day				
	No School	Cheese Omelet Toast & Jelly	Pancake on a Stick w/ Syrup	Ham & Cheese Biscuit	Danish Cereal
	Salad bar and Milk (Skim or 1%) offered every day				
	No School	Saucy Meatball Hoagie Golden Corn Veggie Blend 100% Fruit Juice	Walking Tacos Black Bean & Corn Salsa Mixed Green Salad Pears	Home-style Pepperoni Pizza Green Beans Sweet Potato Tots Grapes	Cheeseburger Crinkle Cut Fries Garden Peas & Carrots Pineapple
October 22nd - 26th	Milk (Skim or 1%), Fruit, 100% Juice, and Yogurt offered every day				
	Sausage Gravy Biscuit	French Toast Sticks Syrup	Assorted Bread Cereal	Egg & Cheese English Muffin	Bagel w/ Cream Cheese
	Salad bar and Milk (Skim or 1%) offered every day				
	Chicken Quesadilla Cheesy Refried Beans Green Beans 100% Fruit Juice	Crispy Chicken Sandwich Baked Beans Veggie Blend Peaches	Spaghetti & Meat Sauce Breadstick Steamed Broccoli Golden Corn Mixed Fruit	Hot Dog on Bun Waffle Fries Veggie Blend Grapes	Country Fried Steak Mashed Potatoes & Gravy Sliced Bread Frozen Juice Cup
October 29th - 31st	Milk (Skim or 1%), Fruit, 100% Juice, and Yogurt offered every day				
	French Bread Pizza w/ Marinara Garden Peas & Carrots Tropical Fruit	Tater Tot Casserole Veggie Blend Pears	Sweet & Sour Chicken Mixed Asian Vegetable Blend Ice Cream Bar	Chicken Alfredo Bread Stick Steamed Broccoli Peaches	

