

OCTOBER 2019

Dawson Springs K-8th

Monday

Tuesday

Wednesday

Thursday

Friday

1
Chicken Alfredo, Buffalo Chicken Wrap, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Peas & Carrots, Steamed Broccoli Tossed Salad, Garlic Breadstick, Oranges/Pineapple, Grape Juice, Variety of Milk

2
Chicken Fried Steak,, Roast Beef Chef Salad, Yogurt Box Mashed Potatoes, Green Beans, WG Roll, Gravy Banana/Strawberry Cup, Apple Juice, Variety of Milk

3
Beef & Cheese Nacho's, Mac & Cheese,, Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Let/Tom/Cup, Refried Beans, Mexican Rice, Carrots w/dip, Grapes/Peach Cup Grape Juice, Variety of Milk

4
Pepperoni Pizza, Cheese Pizza Corndog, Ham & Cheese Sandwich, Chef Salad,, Yogurt box Tossed Salad, Veggie Cup w/dip, Corn Sidekick/Apple, Chocolate Chip Cookie WG, Variety of Milk

7
FALL BREAK

8
FALL BREAK

9
FALL BREAK

10
ALL BREAK

11
FALL BREAK

14
Chicken Nuggets, Yum Yum Bowl, Ham & Cheese Sandwich, Chef Salad Yogurt Box, Tossed Salad, Fries, Steamed Broccoli Roll WG, Mandarin Oranges, Apple, Apple Juice Variety of Milk

13
Chicken Filet, Spice Chicken, Turkey & Cheese Sandwich, Chef Salad, Yogurt Box, Glazed Carrots, Baked Potato, Orange/Pineapple/Grape Juice Variety of Milk

16
Chicken Fried Steak,, Chicken Strips Chef Salad, Yogurt Box Mashed Potatoes, Green Beans, WG Roll, Gravy Banana/Strawberry Cup, Apple Juice, Variety of Milk

17
Hamburger, Cheeseburger, Bacon Cheeseburger, Turkey & Cheese Sandwich, Chef Salad, Yogurt Box, Sandwich Trimmings, Curly Fries, Pinto Beans, Grapes/Pears, Apple Juice, Variety of Milk

18
Pepperoni Pizza, Cheese Pizza Corndog, Ham & Cheese Sandwich, Chef Salad,, Yogurt box Tossed Salad, Veggie Cup w/dip, Corn Sidekick/Apple, Chocolate Chip Cookie WG, Variety of Milk

21
Popcorn Chicken, General TSO's Chicken w/Rice, Ham & Cheese Sandwich, Chef Salad, Yogurt box Stir Fry Veggies, Tater Tots Tossed Salad, WG Roll Mandarin Oranges/Apple, Apple Juice, Variety of Milk

22
Rotini, Chicken Filet, Turkey & Cheese Sandwich, Chef Salad, Baby Bakers, Corn on the Cob, Garlic Breadstick, Orange/Pineapple, Grape Juice Variety of Milk

23
Chicken Fried Steak,, Roast Beef Chef Salad, Yogurt Box Mashed Potatoes, Green Beans, WG Roll, Gravy Banana/Strawberry Cup, Apple Juice, Variety of Milk

24
Chicken Fajita, Crispito w/Queso Turkey & Cheese Sandwich, Chef Salad, Yogurt box, Lett/Tom Cup, Salsa, WG Chips, Refried Beans, Mexican Rice, Grapes/Peach Cup, Grape Juice Variety of Milk

25
Pepperoni Pizza, Cheese Pizza Corndog, Ham & Cheese Sandwich, Chef Salad,, Yogurt box Tossed Salad, Veggie Cup w/dip, Corn Sidekick/Apple, Chocolate Chip Cookie WG, Variety of Milk

28
BBQ Sandwich, Hotdog, Turkey & Cheese Sandwich, Chef Salad, Yogurt Box Tossed Salad, Baked Beans, Tater Tots Mandarin Oranges/Apple, Apple Juice Variety of Milk

29
Baked Spaghetti, Chicken Filet, Turkey & Cheese Sandwich, Chef Salad Yogurt box Tossed Salad, Corn on the Cob, Garlic Breadstick, Orange/Pineapple, Grape Juice Variety of Milk

30
Chicken Fried Steak,, Chicken Strips Chef Salad, Yogurt Box Mashed Potatoes, Green Beans, WG Roll, Gravy Banana/Strawberry Cup, Apple Juice, Variety of Milk

31
Taco, Chicken Quesadilla, Chef Salad, Turkey & Cheese Sandwich, Chef Salad, Yogurt Box, Salsa, WG Chips, Lett/Tom Cup, Refried Beans, Mexican Rice, Orange, Peach Cup, Grape Juice Variety of Milk