



October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>ESD Prices</i></p> <p>Full Price Lunch \$2.50</p> <p>Full Price Breakfast \$1.25</p> <p>Reduced Lunch \$.40</p> <p>Reduced Breakfast \$.30</p>	<p>Students may select: 1 entrée, ½ cup serving vegetables/ ½ cup servings of fruit, 1-2oz serving of grains (buns/sandwiches Count as 2), 1 Milk, and 1 Dessert when offered.</p>	<p>Salads and Cold Sandwiches also offered Daily</p> <p>A fruit or Vegetable must be selected at Breakfast & Lunch</p>	<p>Farm to school week will be celebrated October 1-5th. Join us in the lunch room for fun activities throughout the week for a chance to win prizes☺</p>	
<p>1 Vegetable Lasagna or Carnival Corndog Green Peas and Corn on the Cob Diced Peaches or Juice Garlic Toast</p>	<p>2 Chicken and Dumplings or Steak Fingers Seasoned Baby Carrots and Cucumber Slices w/Dip Fresh Fruit or Juice</p>	<p>3 French Bread Pizza or Grilled Chicken Sandwich Sweet potatoes w/Apples and Summer Squash Baked Cinnamon Apples or Juice</p>	<p>4 Salisbury Steak w/Gravy or BBQ Baked Chicken Mashed Potatoes and Baked Beans Fresh Fruit or Juice Roll Blueberry Cobbler</p>	<p>5 Fajita Loaded Baked Potato or Mini Hot Dogs Carrot Coins and Cheese Broccoli Baked Cinnamon Apples or Fresh Fruit</p>
<p>8</p> <p>Fall Break <i>No School</i></p>	<p>9</p> <p>Fall Break <i>No School</i></p>	<p>10 Bacon Cheeseburger or Beef Ravioli Crinkle Fries and English Peas Fresh Fruit or Juice</p>	<p>11 Baked Pork Chops or Chicken Nuggets Au Gratin Potatoes and Lima Beans Fresh Fruit or Juice</p>	<p>12 Spaghetti w/ Meat Sauce or Corndog Nuggets Green Beans and Corn Pudding Fresh Fruit or Juice Garlic Toast</p>
<p>15 Red Beans and Rice or Spicy Chicken Sandwich Sweet Potato Cubes or Collard Greens Fresh Fruit or Juice Cornbread</p>	<p>16 Seasoned Baked Chicken or Cheeseburger Waffle fries and Steamed Broccoli Fresh Fruit or Juice Roll</p>	<p>17 Chicken Spaghetti or Philly Cheesesteak Potato Wedges and Green Beans Fresh Fruit or Juice Roll</p>	<p>18 Ranch Parmesan Chicken Pasta or Stuffed Crust Pizza Green Peas and Whole Kernel Corn Fresh Fruit or Juice Cookie</p>	<p>19 Stromboli Supreme or Chicken Tenders Macaroni & Cheese and Broccoli Salad Fresh Fruit or Juice</p>
<p>22 John Wayne Casserole or Chicken Salad Sandwich Carrot Soufflé and vegetable w/Dip Fresh Fruit or Juice</p>	<p>23 BBQ Chicken Chunks or Loaded Baked Potato Soup Yellow Squash and Herbed Broccoli/ Cauliflower Fresh Fruit or juice Roll</p>	<p>24 Pot Roast or Grilled Chicken Wrap Mashed Potatoes and Steamed Carrots Fruit Cocktail. or Juice Brownie</p>	<p>25 Baked Fish Scandia or Sausage Pizza Au Gratin Potatoes and Green Peas Diced Peaches or Juice Roll</p>	<p>26 Chicken Stir-Fry or Steak Fingers Fried Rice and California Mixed vegetables Sliced Pears or Juice</p>
<p>29 Shepard's Pie or Fish Sticks Green Beans and Steamed Carrots Tropical Fruit or Juice Roll</p>	<p>30 Beefy Nachos Grande or Chicken Quesadilla Spanish Rice and Black Bean Salad Fresh Fruit and Juice Mexican Cornbread</p>	<p>31 Halloween Menu Zombie Pizza or Hamburger Frankenfries and X-Ray Vision Carrots Fruit cup or Juice</p>		