



# OCTOBER MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Corn:</b> is part of the grass family has over 3,500 different uses can be blackish, blue, purple green, red and white</p>			<p>1 <b>B-</b> Choc Muffin &amp; Cheese stick L-Hot Dog on a bun <b>24g</b> Potato Wedges <b>20g</b> Broccoli <b>2g</b> Fruit Choice</p>	<p>2 <b>B-</b> Mini Waffles L-Pizza <b>26g</b> Corn <b>21g</b> Vegetable Choice Apple Crisp <b>43g</b></p>
<p>5-Cereal to Go L-Cheeseburger <b>26g</b> Tater Tots <b>16g</b> Vegetable Choice Applesauce <b>19g</b></p>	<p>6 <b>B-</b>Cheesy Omelet &amp; Toast L-Walking Tacos <b>29g</b> Lettuce <b>0g</b> &amp; Cheese <b>0g</b> Refried Beans <b>12g</b> Grape Tomatoes <b>6g</b> Fruit Cocktail <b>16g</b></p>	<p>7 <b>B-</b>Egg &amp; Cheese Muffin/Fruit L-Chicken Tenders <b>16g</b> Potato Wedges <b>20g</b> Fresh Veggies <b>6g</b> &amp; Dip <b>1g</b> Fruit Choices Corn Biscuit <b>32g</b></p>	<p>8 <b>B-</b>French Toast Sticks L-Stuffed Breadsticks <b>24g</b> Marinara Sauce <b>8g</b> Fresh Broccoli <b>2g</b> Apple Slices <b>9g</b></p>	<p>9 <b>B-</b>Mini Pancakes L- Sausage <b>0g</b> French Toast Sticks <b>23g</b> Hash brown Potato <b>27g</b> Vegetable Choice Strawberries <b>22g</b></p>
<p>12 <b>B-</b>Cereal to Go L-Teriyaki Chicken <b>7g</b>or Popcorn Chicken <b>15g</b> Fried Rice <b>27g</b> Broccoli <b>5g</b> &amp; Carrots <b>6g</b> Pears <b>20g</b></p>	<p>13 <b>B-</b>Egg &amp; Bacon Muffin L-Chicken and Noodles <b>20g</b> Mashed Potatoes <b>17g</b> Green Beans <b>3g</b> Fruit Choice Biscuit Stick <b>13g</b></p>	<p>14 <b>B-</b>Mini Waffles L-Sausage, Egg &amp; Cheese Breakfast Sandwich <b>23g</b> Tri Tator <b>13g</b> Vegetable Choice Peaches <b>17g</b></p>	<p>15 <b>B-</b>Biscuit &amp; Gravy L-Pizza <b>26g</b> Salad <b>2g</b> Green Beans <b>4g</b> Fruit Cocktail <b>16g</b></p>	<p>16 <b>B-</b>Breakfast Pizza L-Quesadilla <b>16g</b> Refried Beans <b>12g</b> Chips &amp; Salsa <b>20g</b> Fruit Choice</p>
<p>19 <b>Fall Break</b> No School</p>	<p>20 <b>Fall Break</b> No School</p>	<p>21 <b>Fall Break</b> No School</p>	<p>22 <b>Fall Break</b> No School</p>	<p>23 <b>Fall Break</b> No School</p>
<p>26 <b>B-</b>Cereal to Go L-Chicken Leg <b>6g</b> Mashed Potato <b>17g</b> Slushie <b>19g</b> Dinner Roll <b>18g</b></p>	<p>27 <b>B</b> Cheese Omelet /Biscuit L-Nachos with Meat &amp; Cheese <b>36g</b> Refried Beans <b>12g</b> Salsa &amp; Lettuce <b>5g</b> Fruit Choices</p>	<p>28 <b>B-</b>Sausage Biscuit L- Chicken Nuggets <b>17g</b> Corn <b>21g</b> Salad <b>2g</b> Peaches <b>12g</b> Pretzel Stick <b>14g</b></p>	<p>29 <b>B-</b> Pancake on a Stick <b>Box Lunch</b> Ham and Cheese Sandwich <b>24g</b> Carrots &amp; Celery <b>8g</b> Applesauce <b>19g</b> Chex mix <b>23g</b></p>	<p>30- French Toast Sticks L-Mummy Dog <b>26g</b> Witches' Broom Fries <b>24g</b> Boo-Nana <b>17g</b> Vegetable Choices Pumpkin Cookie <b>16g</b></p>

This institution is an equal opportunity provider.

Fruit and vegetable choices offered daily

Carbohydrates are in red

Milk, fat free **11g**

Milk, chocolate **19g**



