



OCTOBER 2019



Mon	Tue	Wed	Thu	Fri
<u>Low Fat White, Skim White Milk & Skim Chocolate Milk are offered everyday.</u>				
French Toast Sticks Bagels Cereal	Breakfast Pizza Bagels Cereal	Pancake/Waffles Bagels Cereal	Blueberry Muffins Bagels Cereal	Breakfast Sandwich Bagels Cereal
30 Meatball w/Sauce & Wheat Roll OR Toasted Cheese w/Tomato Soup OR Tuna Salad Sandwich	1 KFC Bowl OR BBQ Chicken Flatbread OR Turkey & Cheese Sandwich	2 Spaghetti w/Meat or Plain Sauce w/Wheat Roll OR Bacon, Chicken, Ranch Wrap OR Ham & Cheese Sandwich	3 Soft Taco OR Corn Chowder w/Biscuit OR Egg Salad Sandwich	4 Whole Wheat Pizza OR Raised Edge Pizza OR Ham Salad Sandwich
7 Teriyaki Chicken Slider OR Popcorn Fish OR Egg Salad Sandwich	8 Sloppy Jeff's on a Bun OR Cheese Lasagna w/Wheat Roll OR Ham & Cheese Sandwich	9 Rotini w/Meat or Plain Sauce w/Wheat Roll OR BBQ Chicken Wrap OR Turkey & Cheese Sandwich	10 Whole Wheat Pizza OR Raised Edge Pizza OR Ham Salad Sandwich	11 TEACHER WORKSHOP NO SCHOOL FOR STUDENTS
14 HOLIDAY	15 Hot Dog in a Bun OR Cheese Ravioli w/Wheat Roll OR Tuna Salad Sandwich	16 Macaroni & Cheese w/Wheat Roll OR Pizza Wrap OR Egg Salad Sandwich	17 Cheeseburger on Roll OR Chicken Quesadilla OR Ham & Cheese Sandwich	18 Whole Wheat Pizza OR Raised Edge Pizza OR Veggie Wrap
21 English Muffin Pizza OR Spicy Chicken Wrap OR Turkey & Cheese Sandwich	22 Brunch - Pancakes w/Strawberries or Bueberries OR Ham Stromboli OR Chicken Salad Sandwich	23 Bowtie Pasta w/meat or plain sauce OR Cheeseburger Wrap OR Ham & Cheese Sandwich	24 Shepherd's Pie w/Wheat Roll OR BBQ Chicken on a Bun OR Tuna Sandwich	25 EARLY RELEASE Whole Wheat Pizza OR Raised Edge Pizza OR Egg Salad Sandwich
28 Chicken Tenders OR Fishwich on a Bun OR Ham & Cheese Sandwich	29 Cheesy Bread w/marinara sauce OR Chili w/cornbread OR Egg Salad Sandwich	30 Chop Suey w/Wheat Roll OR Chicken Caesar Wrap OR Tuna Salad Sandwich	31 Diced Chicken w/Gravy & Wheat Roll OR Beef Burrito OR Turkey & Cheese Sandwich	1 Whole Wheat Pizza OR Raised Edge Pizza OR Chicken Salad Sandwich

"SUN BUTTER & JELLY SANDWICH OFFERED AS A CHOICE DAILY"