

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
		1 Cheese Omelet, Oatmeal Square, Fruit, Juice, Milk Pulled Pork Sandwich, Ranch Fries, Baked Beans, Cole Slaw, Fruit, Milk	2 Breakfast Pizza, Fruit, Juice, Milk Pepperoni Pizza, Lettuce Salad Carrots and Cucumber Slices, Fruit, Milk	3 Star Spangled Pancakes, Yogurt, Strawberries, Blueberries, Sausage Patty, Juice, Milk Grilled Chicken Sandwich, Sweet Potato Fries, Red & Green Pepper Slices, Fruit, Milk	4 Biscuit w/ Sausage Gravy, Fruit, Juice, Milk Spaghetti w/ Meatsauce Garlic Bread Stick, Green Beans, Tossed Salad, Fruit, Milk	5
6	7 Pancake on a Stick, Fruit, Juice, Milk Chicken Crispito, Tortilla Chips, Baby Carrots, Refried Beans, Fruit, Milk	8 Bacon, Potato, and Cheese Omelet w/ Tomato Salsa, Graham Cracker, Fruit, Juice Milk Baked Chicken Drumstick, Mashed Potatoes w/ Gravy, Peas, WW Roll 9-12, Lettuce Salad, Fruit, Milk	9 Breakfast Pizza, Fruit, Juice, Milk Mini Meatball Sub, Tossed Salad Sliced Tomato, Ranch Fries, Fruit, Milk	10 French Toast Sticks, Link Sausage, Fruit, Juice, Milk Taco Burger on Bun, Hashbrown Rounds, Tossed Salad Fruit, Milk	11 Biscuit w/ Sausage Gravy, Fruit, Juice, Milk Country Steak, Mashed Potatoes & Gravy, Corn, Biscuit(9-12), Lettuce Salad, Fruit, Milk	12
13	14 Egg & Sausage Biscuit, Fruit Juice, Milk Taco Soup, Fritos Chips, Lettuce Salad, Tomato Salsa, Fruit, Milk	15 Cheese Omelet, Oatmeal Square, Fruit, Juice, Milk Corn Dog, Tater Tots, Babby Carrots, Fruit, Chocolate Chip Cookie, Milk	16 Breakfast Pizza, Fruit, Juice, Milk Chicken Nuggets, Mashed Potatoes & Gravy, Corn, WW Roll (7-12), Fruit, Milk	17 Pancakes, Patty Sausage Fruit, Juice, Milk Chicken Quesadilla, Refried Beans, salsa, Broccoli, Tossed Salad, Fruit, Milk	18 Biscuit w/ Sausage Gravy, Fruit, Juice, Milk Goulash w/ WW Pasta, Green Beans, Lettuce Salad Garlic Bread (9-12), Fruit, Milk	19
20	21 French Toast Sticks, Link Sausage, Fruit, Juice, Milk Pepperoni Pizza, Lettuce Salad Carrots and Cucumber Slices, Fruit, Milk	22 Bacon, Potato, and Cheese Omelet w/ Tomato Salsa, Graham Cracker, Fruit, Juice Milk Pork Rib Sandwich, Sweet Potato Fries, Lettuce salad, Sliced Tomato, Fruit, Milk	23 Breakfast Pizza, Fruit, Juice, Milk BBQ Chicken Drumstick, Baked Beans, Lettuce Salad, Biscuit, Fruit, Milk	24 NO SCHOOL	25 NO SCHOOL	26
27	28 Blueberry Muffin, Yogurt Fruit, Juice, Milk Hamburger on a bun, French Fries, Lettuce Salad, Sliced Tomato, Fruit, Milk	29 Cheese Omelet, Oatmeal Square, Fruit, Juice, Milk Chicken Tetrizzini, Garlic Breadsticks, Peas, Baby Carrot Fruit, Milk	30 Breakfast Pizza, Fruit, Juice, Milk Super Nachos, Southwestern Beans, Lettuce Salad, Tortilla Chips, Fruit, Milk	31 Pancake on a Stick, Fruit, Juice, Milk Witch's Brew w/ Bat Chunks, Ghost Brains, Toe of Frog, Eye of Newt, Spooky Surprise, Snake Venom		