



School Information: THIS MENU IS SUBJECT TO CHANGE.
THIS EMPLOYER IS AN EQUAL OPPORTUNITY PROVIDER.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



5
CRUISANT
COUNTRY FRIED STEAK
MASHED POTATOES
GREEN BEANS
GRAPES

6
DONUT
CHICKEN PATTY ON BUN
FRENCH FIRES
BAKED BEANS
PEACHES

7
ENGLISH MUFFIN
TATER TOT CASSEROLE
CORN
APPLES

8
BREAKFAST PIZZA
CHINESE CHICKEN
RICE
LO MEIN NOODLES
PEARS

9
NO SCHOOL

12
NO SCHOOL
COLUMBUS DAY

13
MUFFIN
TACO SALAD
LETTUCE/TOMATO/CHEESE
SOUR CREAM
REFRIED BEANS/MIXED FRUIT

14
PANCAKES
CHICKEN AND NOODLES
MASHED POTATOES
CORN
BANANAS

15
DANISH
RAVIOLI
MARINARA
GARLIC BREAD
PINEAPPLE

16
BAGEL W/ CREAM CHEESE
CHILI
PEANUT BUTTER SANDWICH
CHEESE
MANDARIN ORANGES

19
SCRAMBLED EGGS
HS: ITALIAN BEEF ON BUN
GS: PULLED PORK
POTATO WEDGES
CARROTS
GRAPES

20
OATMEAL
CHICKEN NUGGETS
MACARONI AND CHEESE
PEAS
PEACHES

21
POP TART
TURKEY MANHATTAN
MASHED POTATOES
CORN
APPLES

22
BISCUIT AND GRAVY
PULLED PORK ON BUN
FRENCH FRIES
BAKED BEANS
PEARS

23
NO SCHOOL

26
CINNAMON ROLL
CORN DOG
CHIPS
GREEN BEANS
MIXED FRUIT

27
FRENCH TOAST STICKS
CHICKEN BREAST
BAKED POTATO
SALAD
BANANAS

28
SAUSAGE ON STICK
HAM
SCALLOPED POTATO
CORN
PINEAPPLE

29
BACON EGG BISCUIT
CHICKEN WRAP
LETTUCE/TOMATO/CHEESE
CHEESY RICE
MANDARIN ORANGES

30
RICE KRISPY TREAT
HALLOWEEN FEAST
BRAT/HOT DOG
CHIPS
SALADS
GRAPES