October 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Sat & Sun
1 Muffin, Cereal, Fruit, Yogurt BBQ Pork/Bun, Carrots, Mixed Lettuce, Broccoli Raisin salad, Cauliflower, Peppers, Mandarin Oranges, Pears	**2** Toast & jelly, Cereal, Juice, Fruit Chicken Alfredo, Broccoli, Breadstick, Mixed Lettuce, Spinach salad, Carrots, Cauliflower, Tomato, Orange slices	**3** Waffles & Sausage or Cereal, Fruit Beef & Noodles, Peas, Dinner roll, Mixed Lettuce, Cottage cheese, Broccoli, Cucumbers, Black beans, Peaches, Watermelon	**4** Toast & Jelly, Cereal, Yogurt Parfaits, Fruit BBQ Chicken/Bun, Tri-tator, Mixed Lettuce, Apple salad, Carrots, Broccoli, Cauliflower, Applesauce, Pineapple	**5** Breakfast Nachos, Cereal, Fruit Cheese Pizza, Mixed Lettuce, Caesar salad, Carrots, Broccoli, Peppers, Grapes, Peaches, Cookie	**6** **7**
8 French toast & Sausage or Cereal Fruit Chicken Quesadilla, Rice & Beans, Mixed Lettuce, Cabbage salad, Broccoli, Peppers, Tomato, Mandarin Oranges, Pears	**9** Bagels & Cream cheese, Cereal, Yogurt smoothy, Fruit Breaded Pork patty/Bun, Broccoli, Mixed Lettuce, Spinach salad, Carrots, Celery, Cauliflower, Applesauce, Cantelope	**10** Coffee Cake, Cereal, Juice, Fruit Mini Corn Dogs, Green Beans, Lettuce, Lemon Salad, Broccoli, Peppers, Celery, Peaches, Pears	**11** Toast & Jelly, Cereal, Yogurt, Fruit Popcorn Chicken, Mixed Vegetables, B/B, Mixed Lettuce, Caesar salad, Broccoli, Garbanzo beans, Carrots, Apple slices/Dip	**12** Breakfast Pizza, Cereal, Fruit Hot Ham & Cheese/Bun, French fries, Mixed Lettuce, Coleslaw, Carrots, Cauliflower, Peppers, Mandarin Oranges, Pears	**13** **14**
15 Scrambled Eggs & Ham or Cereal, Toast, Fruit Mr Rib/Bun, Broccoli w/ cheese, Lettuce, Cherry salad, Carrots, Cauliflower, Tomato, Applesauce, Peaches	**16** Toast & Jelly, Cereal, Yogurt Parfaits, Fruit Spaghetti w/Meatsauce, Breadstick, Mixed Lettuce, Caesar salad, Carrots, Peppers, Cucumbers, Pears, Apricots, Raisins	**17** Pancakes & Sausage or Cereal, Fruit Chicken strips, Mashed Potatoes, B/B, Mixed Lettuce, Chop-chop salad, Carrots, Celery, Peppers, Orange slices	**18** Granola bar, Cereal, Fruit, Juice Soft shell Tacos, Refried beans, Lettuce, Tomato, Olives, Cheese, Salsa, Pasta salad, Carrots, Broccoli, Mandarin Oranges, Pineapple	**19** Egg Muffin, Cereal, Fruit, Yogurt Ham or Egg salad sandwich, Macaroni & Cheese, Lettuce, Cabbage salad, Carrots, Broccoli, Cucumbers, Melon cup, Pears	**20** **21**
22 Waffles & Sausage or Ceresal, Fruit Crispito w/cheese sauce, Spanish Rice, Mixed Lettuce, Spinach salad, Olives, Salsa, Carrots, Broccoli, Mandarin Oranges, Pears	**23** Toast & Jelly, Cereal, Yogurt Parfaits, Fruit Chicken Patty/Bun, Italiain blend vegetables, Mixed Lettuce, Caesar salad, Broccoli, Peppers, Carrots, Applesauce, Peaches	**24** Egg casserole, Cereal, Fruit, Juice Lasagna, Breadstick, Mixed Lettuce, Pea salad, Carrots, Cauliflower, Celery, Banana	**25** English muffin, Cereal, Fruit Hot Dog/Bun, Baked Beans, Mixed Lettuce, Cabbage salad, Carrots, Broccoli, Cauliflower, Pinapple, Mixed Fruit, Raisins	**26** Banana or Lemon bread, Cereal, Yogurt smoothy, Fruit Pepperoni Pizza, Mixed Lettuce, Cottage cheese, Carrots, Broccoli, Peppers, Mandarin Oranges, Pears, Cookie	**27** **28**
29 **NO SCHOOL**	**30** Pancakes & Sausage or Cereal, Fruit, Juice Potatoes & Ham, B/B, Mixed Lettuce, Broccoli Raisin salad, Carrots, Cauliflower, Celery, Applesauce, Pears	**31** Bagels & Cream Cheese, Cereal, Yogurt, Fruit Chicken Patty/Bun, Corn, Mixed Lettuce, Caesar salad, Broccoli, Peppers, Cauliflower, Peaches, Mixed Fruit			

Breakfast: choice of skim or 1% milk Lunch: choice of skim, 1%, or skim chocolate milk
Tues & Thurs. MS/HS also has the option for 100% orange juice

All bread products served are whole grain.

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