October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Sat & Sun
	1 Muffin, Cereal, Fruit Baked Chicken, Mashed Potaotes, B/B, Mixed Lettuce, Spinach salad, Carrots, Cauliflower, Tomato, Mandarin oranges, Pears	**2** Waffles & Sausage or Cereal, Fruit Beef & Noodles, Peas, Dinner roll, Mixed Lettuce, Cottage cheese, Broccoli, Cucumbers, Black beans, Peaches, Watermelon	**3** Toast & Jelly, Cereal, Yogurt Parfaits, Fruit Grilled Chicken/Bun, French Fries, Mixed Lettuce, Apple salad, Carrots, Broccoli, Peppers, Applesauce, Pineapple	**4** Breakfast Nachos, Cereal, Fruit Sausage Pizza, California blend vegetables, Mixed Lettuce, Caesar salad, Carrots, Broccoli, Cauliflower, Orange slices	**5** **6**
7 French toast & Sausage or Cereal, Fruit BBQ Pork/Bun, Carrots, Mixed Lettuce, Cabbage salad, Broccoli, Peppers, Cauliflower, Mandarin Oranges, Pears	**8** Bagels & Cream cheese, Cereal, Yogurt, Fruit Chicken Alfredo, Broccoli, Breadstick, Mixed Lettuce, Spinach salad, Carrots, Tomato, Cauliflower, Strawberries, Pineapple	**9** Toast, Cereal, Yogurt parfaits, Fruit ** Nacho Bites, Corn, Lettuce, Gelatin Salad, Carrots, Peppers, Celery, Salsa, Peaches, Pears	**10** Ham & Cheese Croissant or Cereal, Fruit Popcorn Chicken, Mixed Vegetables, B/B, Mixed Lettuce, Caesar salad, Broccoli, Garbanzo beans, Carrots, Applesauce, Peaches	**11** Breakfast Pizza, Cereal, Fruit Philly Steak & Cheese/Bun, Green Beans, Mixed Lettuce, Broccoli salad, Carrots, Cauliflower, Peppers, Peas, Cantelope, Mixed Fruit	**12** **13**
14 Scrambled Eggs & Ham or Cereal, Toast, Fruit Mr Rib/Bun, Broccoli w/ cheese, Lettuce, Cherry salad, Carrots, Cauliflower, Tomato, Applesauce, Peaches	**15** Toast & Jelly, Cereal, Juice, Fruit Spaghetti w/Meatsauce, Breadstick, Mixed Lettuce, Caesar salad, Carrots, Peppers, Cucumbers, Pears, Apricots, Raisins	**16** Pancakes & Sausage or Cereal, Fruit Chicken strips, Hashbrown casserole, B/B, Mixed Lettuce, Cauliflower salad, Carrots, Celery, Peppers, Mandarin oranges, Strawberries	**17** Oatmeal bar, Cereal, Fruit, Yogurt Parfaits Soft shell Tacos, Rice & beans, Mixed Lettuce, Coleslaw, Carrots, Broccoli, Tomato, Salsa, Olives, Pears, Mixed fruit	**18** Egg & Cheese Muffin, Cereal, Fruit Ham, Tuna or Egg salad sandwich, Macaroni & Cheese, Lettuce, Broccoli salad, Carrots, Celery, Cucumbers, Melon cup, Pears	**19** **20**
21 Waffles & Sausage or Ceresal, Fruit Crispito w/cheese sauce, Spanish Rice, Mixed Lettuce, Spinach salad, Carrots, Cauliflower, Cucumbers, Olives, Salsa, Mandarin Oranges, Pineapple	**22** Toast & Jelly, Cereal, Yogurt Parfaits, Fruit Chicken Patty/Bun, Italiain blend vegetables, Mixed Lettuce, Caesar salad, Broccoli, Peppers, Carrots, Orange slices	**23** Egg casserole, Cereal, Fruit, Juice Lasagna, Breadstick, Mixed Lettuce, Pea salad, Carrots, Cauliflower, Celery, Black beans, Peaches, Pineapple	**24** English muffin, Cereal, Fruit, Yogurt Hot Dog/Bun, Baked Beans, Mixed Lettuce, Ramen salad, Carrots, Broccoli, Peppers, Banana	**25** Banana or Lemon bread, Cereal, Fruit Pepperoni Pizza, Green beans, Mixed Lettuce, Cottage cheese, Carrots, Cauliflower, Peas, Applesauce, Pears	**26** **27**
28 **NO SCHOOL**	**29** Pancakes & Sausage or Cereal, Fruit, Juice Elem: Popcorn Chicken MS/HS: Mandarin Chicken/Rice, Mixed Vegetables, Mixed Lettuce, Carrots, Cauliflower, Peppers, Applesauce, Pears	**30** Bagels & Cream Cheese, Cereal, Yogurt, Fruit Tater tot Casserole, B&B, Mixed Lettuce, Spinach salad, Broccoli, Celery, Carrots, Peaches, Mixed Fruit	**31** Toast, Cereal, Fruit, Yogurt Parfaits Nachos, Refried beans, Mixed Lettuce, Caesar salad, Carrots, Broccoli, Tomato, Olives, Salsa, Apple slices w/Caramel		
	** New item	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. USDA is an equal opportunity provider and employer			