



# October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Oatmeal Cheese Toast Fruit ----- Chicken and Rice Mixed Vegetables Fruit	2 Biscuits Sausage Fruit ----- Chili Mac Peas and Carrots Fruit	3 Cereal String cheese Apple juice ----- Chicken and Noodles Sweet Potatoes Green Beans Fruit	4 French toast sticks Sausage Fruit ----- Chicken nuggets Baked beans Tater tots Fruit	5 Pancakes sausage Fruit ----- Pepperoni Pizza Salad w/romaine Fruit
8 Oatmeal Cheese Toast Fruit ----- Ham Steaks Black Eye Peas Rice Fruit	9 French toast sticks, Sausage Fruit ----- Salisbury steak w/gravy Rice Lima Beans Fruit	10 Cereal String cheese Apple juice ----- Baked Chicken Buttered Noodles Peas and Carrots Fruit	11 Chicken Biscuit Fruit ----- Hotdog w/ bun Baked Beans Tater Tots Fruit	12 W. G. Cinnamon rolls Sausage links Fruit ----- Spaghetti w/meat sauce Salad w/romaine Garlic Bread Fruit
15 No School -----	16 Biscuits Sausage Fruit ----- Chili Mac Peas and Carrots Fruit	17 Cereal String cheese Apple juice ----- Chicken and Noodles Sweet Potatoes Green Beans Fruit	18 French toast sticks Sausage Fruit ----- Corn dogs Tater tots Baked beans Applesauce	19 Pancakes sausage Fruit ----- Pepperoni Pizza Salad w/romaine Fruit
22 Oatmeal Cheese Toast Fruit ----- Chicken and Rice Mixed Vegetables Fruit	23 French toast sticks, Sausage Fruit ----- Meatloaf Mashed Potatoes Green beans Garlic Bread Fruit	24 Cereal String cheese Apple juice ----- Baked Chicken Buttered Noodles Peas And Carrots Fruit	25 Chicken Biscuit Fruit ----- Hamburger w/ Bun Tater Tots Baked Beans Fruit	26 W. G. Cinnamon rolls Sausage links Fruit ----- Spaghetti w/meat sauce Salad w/romaine Garlic Bread Fruit
29 Oatmeal Cheese Toast Fruit ----- Mac & Cheese w/ Ham Green Beans Fruit	30 Biscuits Sausage Fruit ----- Sheppard's Pie Peas and Carrots Garlic Bread Fruit	31 Early Release ----- Cereal String cheese Apple juice ----- Chicken and Rice Mixed veggies Fruit		

**All meals come with a choice of 1% White or Fat Free Chocolate Milk.** \*Menus are subject to change due to availability.

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