



OCTOBER 2018



Mon	Tue	Wed	Thu	Fri
<u>1% MILK & SKIM Milk & fresh fruit and salad bar are offered everyday.</u>				
French toast Bagels Cereal	Breakfast Pizza Bagels Cereal	Pancakes/waffles Bagels Cereal	Blueberry muffin Bagels Cereal	Breakfast sandwich Bagels Cereal
1 BBQ Chicken Slider Or Pizza Wrap Or Chic Salad Sandwich	2 Popcorn Chicken Or Chili w/corn bread or Turkey & Cheese sandwich	3 Rotini pasta w/meat or plain sauce or Cheeseburger Wrap Or Tuna sandwich	4 Cheesy Bread Sticks w/ dipping sauce or Corn Chowder w/biscuit or Ham & Cheese Sandwich	5 No school for students Work shop day
8 Holiday *Sun butter and jelly available daily*	9 Cheese Quesadilla or BBQ Chicken Flatbread or Ham & Cheese Sandwich	10 Chop Suey Or BLTC Wrap or Egg Salad Sandwich	11 Teriyaki Chicken Stir Fry w/veggies or Popcorn Fish or Turkey & Cheese Sand	12 Whole Wheat Pizza or Raised Edge Pizza or Chicken Salad Sandwich
15 Savory Meatballs in Marinara Sauce or Toasted Cheese Sandwich or Tuna Sandwich	16 Shepherd's Pie W/whole wheat roll or Chicken Caesar Wrap or Veggie Pocket	17 Spaghetti with Meat or Plain Sauce or Spicy Chicken Wrap or Ham & Cheese Sandwich	18 Beef Tacos w/ Spanish Rice Or Chicken Parmesan on a Bun or Tuna Sandwich	19 Early Release Whole Wheat Pizza or Raised Edge Pizza Or Turkey & Cheese Sandwich
22 Cheeseburger on a Bun Or Sweet & Sour Chicken on Rice or Turkey & Cheese	23 Brunch: Waffles W/Strawberries or Beef Burrito or Tuna Sandwich	24 Bowtie Pasta with Meat or Plain Sauce Or BBQ Pulled Pork on a Bun or Cranberry Chicken Salad Wrap	25 Roast Pork Dinner w/ Potato and Veggie or Teriyaki Chicken Wrap or Egg Salad Sandwich	26 Whole Wheat Pizza or Raised Edge Pizza Or Ham & Cheese Sandwich
29 English Muffin Pizza or Spicy Chicken Patty on a Bun or Ham & Cheese	30 Sloppy Jeff on a Bun Or Pesto Flatbread or Egg Salad Sandwich	31 Creamy Macaroni and Cheese Or Bacon Chicken Ranch Wrap or Turkey&Cheese Sand	1 KFC Bowl or Hot Dogs on a Bun or Chicken Salad Sandwich	2 Whole Wheat Pizza or Raised Edge Pizza Or Tuna Sandwich