

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
All meals are served with 1% white milk or skim chocolate milk	1 Turkey & cheese sandwiches, romaine, tomato, pickles, cucumbers, fruit, cookie & milk	2 Meatball Subs, corn, fruit & milk	3 Italian Sandwiches, romaine, tomatoes, pickles, onions, fruit, chips & milk	4 Hot dogs, Mac & cheese, beans, fruit & milk	5 Roast beef & cheese sandwiches, carrots, fruit, granola bar & milk	6
7	8 HOLIDAY	9 Teachers workshop	10 Turkey or Ham sandwiches with cheese, carrots, apples, cookie & milk	11 Spaghetti, toss salad, fruit cup & milk	12 Hot dog, french fries, veggies, fruit & milk	13
14	15 Spaghetti, toss salad, fruit, fruit snacks & milk	16 Chicken soup, crackers, veggies, fruit, cheese stick & milk	17 Cheese burgers wraps, macaroni salad, beans, fruit & milk	18 Homemade pizza, cheese, pepperoni or BBQ chicken, carrots,, fruit	19 Fish sticks, French fries, veggies, fruit	20
21	22 Shepherd's pie potatoes, corn, green beans, rolls fruit & milk	23 Tacos, rice, beans and all the fixings	24 Grilled cheese sandwich, tomato soup, carrots, fruit	25 Italians w/ ham, cheese, romaine, tomato, pickles, onions, popcorn, fruit & milk	26 Chicken Burgers, chips, green beans, fruit & milk	27
28 ALL MEALS ARE SUBJECT TO CHANGE	29 Chicken dippers, full salad bar, fruit & milk	30 Meatball Sub, French fries, popcorn, fruit	31 Tuna fish or Egg salad, carrots, fruit, gold fish crackers & milk			

Monday - Friday second choice PB & Jelly on whole grain bread with cheese stick, veggie and fruit of the day. Please order in the morning for these sandwiches. All bread, buns, chips, dessert are at least 51% whole wheat.