



OCTOBER 2019



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| September 30 Cheese Burger Basket with Curly Fries Lettuce & Pickles 1 Choice of Fresh Fruit | 1 Quesadillas Refried Beans Steamed Vegetables Spanish Rice Pineapple Fluff | 2 Pizza Fresh Seasonal Vegetables Italian Salad Mixed Fruit | 3 Chicken Strips with Biscuit Creamy Mashed Potatoes Glazed Carrots Peach Crisp | 4 Sub Sandwich Sandwich Toppings Cucumber Nachos Choice of Chips Fresh Fruit Salad |
| 7 Chopped BBQ on Bun with French Fries Lettuce & Pickles Choice of Fresh Fruit | 8 Taco Tuesday!! Tacos Shredded Lettuce and Tomato Pinto Beans Spanish Rice Fruit Wiggles | 9 Cheesy Bread Sticks with Marinara Sauce Seasoned Sweet Corn Garden Fresh Side Salad Fruit Cup | 10 Chicken Nuggets Hot Roll Creamy Mashed Potatoes Celery Sticks Banana Sundaes | 11  Grab N' Go Sack Lunch |
| 14 <i>Enjoy Your Day Off!</i>  | 15 Nachos Spanish Rice Refried Beans Shredded Lettuce with Tomatoes Tropical Fruit | 16 Pizza Green Beans Italian Salad Fruit Cup | 17 Chicken Nuggets Hot Roll Roasted Potatoes Steamed Baby Carrots Fruit Cup | 18 Chicken Smackers Mashed Potatoes Bread Sticks Seasoned Vegetables Strawberries & Cream |
| 21 Cheese Burger Basket with French Fries Pickle Salad Choice of Fresh Fruit | 22 Quesadillas Lettuce & Tomato Pinto Beans Spanish Rice Fruit Salad | 23 Pizza Fresh Cucumber and Tomato Salad Seasoned Vegetables Mixed Fruit | 24 Chicken and Waffles Roasted Corn Iron Man Salad Fruit Cup | 25 PB&J and Cheese Stick Teddy Grahams Baby Carrots Tropical Pineapple |
| 28 Chicken Sandwich Basket with French Fries Pickle Salad Choice of Fresh Fruit | 29 Taco Tuesday!! Tacos Spanish Rice Lettuce and Tomato Refried Beans Spanish Rice Fruit | 30 Pizza Italian Salad Green Beans Peach Cup | 31 Steak Fingers Hot Roll Mashed Potatoes Steamed Vegetables Banana Sundaes <i>Happy Halloween!</i> | November 1 Chili Cheese Tots Baby Carrots and Ranch Dressing Seasoned Vegetables Fruit Cup |

Every lunch includes a choice of milk.

Celebrate!

As we enter into October it is hard not to think of the Holiday season that is right around the corner! Check out some fun Holidays below you can celebrate now to hold you over until Halloween at the end of the month!

- National Custodian Day on October 2nd 
- National Cinnamon Roll Day on October 4th- *Come to the cafeteria during breakfast to get yours!*
- National School Lunch Week is October 14-18!! *Celebrate by eating lunch at your school cafeteria!*

What and how are you going to celebrate this month?

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

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|---|--|-----------------|--|--|
| Pig in a Blanket or French Toast Sticks | Breakfast Bowl w/ Tortilla or Breakfast Sandwich | Breakfast Pizza | Pancake Wrap or Biscuit w/ Sausage & Gravy | Cinnamon Roll w/ Sausage or Eggs w/ Toast and Bacon or Sausage |



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