

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bkfst: Egg/cheese/bun, cereal, fruit Lunch: BBQ chicken wrap, fries, carrots, fruit	2 Bkfst: Granola bar, yogurt, cereal, fruit Lunch: 3-way chili, carrots, crackers, fruit	3 Bkfst: Pancake/sausage on a stick, cereal, fruit Lunch: Chicken quesadilla, salad, garbanzo beans, fruit	4 Bkfst: French toast, sausage, cereal, fruit Lunch: Chicken strips, fries, broccoli, roll, fruit	5 Bkfst: Bagel with cream cheese, cereal, fruit Lunch: Mini cheese bagels, celery, string cheese, fruit
8 Bkfst: Waffle, sausage, cereal, fruit Lunch: Soft taco, corn, lettuce, fruit	9 Bkfst: Granola bar, yogurt, cereal, fruit Lunch: BBQ chicken strips, mashed potatoes, carrots, roll, fruit	10 Bkfst: French toast, sausage, cereal, fruit Lunch: Hot dog on a bun, baked beans, cucumbers, pickle, fruit	11 Bkfst: Scrambled eggs, toast, cereal, fruit Lunch: Chicken patty on a bun, fries, cauliflower, bread, fruit	12 Bkfst: Bagel with cream cheese, cereal, fruit Lunch: Spaghetti/sauce, salad, breadstick, fruit
15 Bkfst: Egg, cheese, bun, fruit, cereal Lunch: Chicken Fajita chips with salsa, black beans on the side, fruit	16 Bkfst: Granola bar, yogurt, cereal, fruit Lunch: Salisbury Steak, mashed potatoes, broccoli, roll, fruit	17 Bkfst: Pancakes, bacon, cereal, fruit Lunch: Ham sandwich, soup, celery, fruit	18 Bkfst: French toast, sausage, cereal, fruit Lunch: Popcorn chicken, mac n cheese, peas, fruit	19 Bkfst: Bagel with cream cheese, cereal, fruit Cheese pizza, carrots, string cheese, fruit
22 Bkfst: Waffle, sausage, cereal, fruit Corn dog, baked beans, carrots, fruit	23 Bkfst: Granola bar, yogurt, cereal, fruit Lunch: Chili bowl, cucumbers, crackers, fruit	24 NO SCHOOL CONFERENCES	25 NO SCHOOL CONFERENCES	26 IN SERVICE DAY
29 Bkfst: Egg/cheese/bun, cereal, fruit Lunch: Chicken/Noodles, peas, roll, fruit	30 Bkfst: Granola bar, yogurt, cereal, fruit Lunch: 3-nachos, carrots, beans on the side, fruit	31 Bkfst: French toast, sausage, cereal, fruit Lunch: Buffalo chicken calzone, broccoli, string cheese, fruit		

*Breakfast includes milk

*Lunch includes chocolate or white milk

*This institution is an equal opportunity employer

*Menu subject to change without notice

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