

October Menu Breakfast

		1 Biscuits & Gravy	2 Sausage Biscuit	3 Whole Grain Muffin
6 Whole Grain Waffles & Syrup	7 Star Spangled Pancakes	8 Breakfast Pita	9 Whole Grain Bagel & Toppings	10 Whole Grain Cinnamon Roll
13 Oatmeal & Yogurt	14 Biscuits & Gravy	15 Coffee Cake	16 Cook's Choice	17 No School
20 Whole Grain Cinnamon Roll	21 Whole Grain Waffles & Syrup	22 Breakfast Pizza	23 Western Omelet	24 Cook's Choice
27 Oatmeal & Sausage Patty	28 Biscuits & Gravy	29 Whole Grain Muffin	30 Chicken Biscuit	31 Pancake Sausage Stick & Syrup

*All breakfasts come with fruit, 100% fruit juice and milk.

Can you guess what's for lunch on Halloween?

Lunch

		1 Italian Pasta Bake Garden Salad Garlic Roll w/ Marinara Sauce Chocolate Chip Cookie Apple	2 Soft Taco Lettuce & Tomato Refried Beans Chips & Salsa (MS & HS Only) Banana	3 Chicken Patty Mashed Potatoes & Gravy Green Beans Roll & Honey (HS Only) Pears
6 Sloppy Joe, Bun Oven Fries Baked Beans Peaches	7 Country Fried Steak Mashed Potatoes & Gravy Fresh Broccoli Roll & Jelly (6-12) Mandarin Oranges	8 Stromboli Garden Salad Fresh Baby Carrots Tropical Fruit Graham Snack (9-12)	9 Beef & Bean Burrito Lettuce & Tomato Corn Chips & Salsa (9-12) Apple	10 Turkey & Cheese Sandwich Lettuce & Tomato Yogurt (9-12) Sweet Potato Fries Orange
13 Hamburger, Bun Lettuce & Tomato Sweet Potato Puffs Strawberries	14 Chicken Nuggets Mashed Potatoes & Gravy Tossed Salad Roll & Jelly Orange	15 Ham & Cheese Sandwich Chips Green Beans Grapes	16 Cook's Choice	17 No School
20 Italian Dunks Marinara Sauce Tropical Fruit Apple	21 Pulled Pork Sandwich Oven Fries Baked Beans Strawberries	22 Super Nacho's Refried Beans Grapes	23 Rock and Roll Pita (Cheese Burger Pita) Carrot Sticks Pineapple	24 Cook's Choice
27 Chicken Wrap Lettuce & Tomato Spanish Rice Corn Tropical Fruit Oatmeal Cookie (9-12)	28 Pig in a Blanket Potato Wedges Fresh Broccoli Apple	29 Chicken & Noodles Mashed Potatoes Cooked Carrots Roll & Jelly (9-12) Orange	30 Taco Salad Chips & Salsa Refried Beans Cinnamon Puff Pineapple	31 Breaded Frog Warts Broom Sticks Eye Balls Witch Fingers Hansel & Gretel Snack

*All lunches come with the fruit and veggie bar and milk.

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