



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Mini Dipper
(Corn Dogs & Pretzels) w\ Dip

Broccoli or Celery Sticks
Fresh Fruit or Fruit Cup
Milk

Salad of the Week
Julienne Salad

2

Spaghetti & Meatballs
w/ Garlic Bread

Romaine Side Salad or
Mixed Vegetables
Fresh Fruit or
Diced Peaches
Milk

3

Cheeseburger

Steamed Carrot Coins
Or Cucumber Slices
Fresh Fruit or
Applesauce
Milk

4

Taco in a Bag
w/ Seasoned Rice

Vegetarian Beans
or Golden Corn
Fresh Fruit or
Diced Pears
Milk

***World Smile Day* 5**

Baked Cheese Pizza

Baked Smiley Fries
or Brussel Sprouts
Fresh Fruit or
Mixed Fruit
Milk

8

Columbus Day

9

Cheese Breadsticks
w/ Dipping Sauce

Romaine Side Salad or
Steamed Carrots
Fresh Fruit or
Diced Peaches
Milk

Salad of the Week
Chicken Nugget Salad

10

Cinnamon Sticks
w/ Turkey Sausage Patties

Tater Tots or
Cucumber Slices
Fresh Fruit or
Applesauce
Milk

11

Soft Shell Turkey Tacos
w/ Lettuce & Cheese

Vegetarian Beans
or Golden Corn
Fresh Fruit or
Diced Pears
Milk

12

Baked Cheese Pizza

Butternut Squash or
Green Beans
Fresh Fruit or
Mixed Fruit
Milk

Choose 3 to 5 components each day, which may include 1 entree. One of the components must be a fruit or vegetable.

15

Meatball Sub

Broccoli or Celery Sticks
Fresh Fruit or Fruit Cup
Milk

Salad of the Week
Lift-Off Spinach Salad

16

Popcorn Chicken Bowl
w/ Mashed Potatoes

Golden Corn or
Green Beans
Fresh Fruit or
Diced Peaches
Milk

17

Hot Dog on a Bun

Romaine Side Salad
or Baked Oven Fries
Fresh Fruit or
Applesauce
Milk

18

Toasted Cheese Sandwich

Tomato Soup & Carrots
Fresh Fruit or
Diced Pears
Milk

19

Baked Cheese Pizza

Garbanzo Beans or
Roasted Cauliflower
Fresh Fruit or
Mixed Fruit
Milk

22

Combo Basket
(Nuggets & Cheese sticks)
w\ Dip

Steamed Broccoli or
Golden Corn
Fresh Fruit or Fruit Cup
Milk

Salad of the Week
Chef Salad

23

Chicken Patty Sandwich

Sweet Potato Fries or
Mixed Vegetables
Fresh Fruit or
Diced Peaches
Milk

24

Belgian Waffle Sticks & Warm Syrup
w/ Turkey Sausage Patties

Tater Tots
or Cucumber Coins
Fresh Fruit or Applesauce
Milk

***World Pasta Day* 5**

Macaroni & Beef Pasta Bake
Topped with Melted
Mozzarella Cheese

Vegetarian Beans or
Romaine Side Salad
Fresh Fruit or Applesauce
Milk

26

Baked Cheese Pizza

Steamed Carrots or
Brussels sprouts
Fresh Fruit or Mixed Fruit
Milk

29

Chicken Nuggets
w/ Seasoned Noodles

Sweet Peas or Cauliflower
Fresh Fruit or Fruit Cup
Milk

Salad of the Week
Chicken Nugget Salad

30

Hot Dog on a Bun

Broccoli or
Baked Beans
Fresh Fruit or Diced
Peaches
Milk

Happy Halloween 31

Frightening French Toast Sticks
& Warm Syrup
w/ Turkey Sausage Patties

Creepy Carrots or
Ghoulisn Oven Fries
Firefighter Fresh Fruit
or Spooky Applesauce

Weekly Cold Entrée Offering

Monday – Turkey & Cheese Sandwich
Tuesday – Ham & Cheese Sandwich
Wednesday – Yogurt Lunch
Thursday – Super Hero Sub
Friday – Tuna Salad Wrap

Milk Variety Includes:
1% White, Fat Free Chocolate & Skim

All grains are whole grain rich

Meal Components ~ Protein Grain Fruit Vegetable Milk
Entrees may consist of 1-3 components

Available Daily
Peanut Butter & Jelly Sandwich
Baby Carrots (1/4 c) ~ Fresh Fruits

USDA and this institution are equal opportunity providers and employers.