



October 2019



Monday	Tuesday	Wednesday	Thursday	Friday
30 Breakfast – Cereal & Fruit Cocktail Lunch – Deli Wrap, Green Beans, & Fruit	1 Breakfast – Biscuits & Gravy Lunch – Chicken Nuggets, Peas, & Tropical Fruit	2 Breakfast – Cinnamon Rolls & Grapes Lunch – Hot dogs, Baked Beans & Peaches	3 Breakfast – Egg Burritos & Mandarin Oranges Lunch – Frito Pie, Carrots, & Pineapple	4 Breakfast – Cereal & a Banana Lunch – Fish, Mac & Cheese, Green Beans, & Applesauce
7 Breakfast – Cereal & Fruit Cocktail Lunch – Ham & Cheese Sandwich, Carrot Sticks, & Fruit	8 Breakfast – Waffles & a Banana Lunch Chicken Quesadilla, Beans & Mandarin Oranges	9 Breakfast – Oatmeal & Craisins Lunch – Taco Salad, Spanish Rice, & Pineapple	10 Breakfast – Sausage & Egg Croissant Lunch – Sloppy Joe, Green Beans, & Pears	11 Breakfast – Cereal & Fruit Cocktail Lunch – Pizza, Broccoli & Tropical Fruit
14 Breakfast – Cereal & Mixed Fruit Lunch – Meatball Sub, Green Beans, & Pears	15 Breakfast – French Toast & Apple Sauce Lunch - Grilled Ham, Corn & Pineapple	16 Breakfast – Muffin & Mandarin Oranges Lunch – Hamburger, Tater Tots & Peaches	17 Fall Break No School	18 Fall Break No School
21 Breakfast – Cereal & Fruit Cocktail Lunch – Grilled Cheese, Veg. Soup, & Tropical Fruit	22 Breakfast – Pancakes & Mandarin Oranges Lunch – Corn Dogs, Beans, & Peaches	23 Breakfast – Oatmeal & Craisins Lunch – Pizza, Broccoli, & Pineapple	24 Breakfast – Egg Burrito & a Banana Lunch Chicken, Dinner Roll, Carrots, & Pears	25 Breakfast – Cereal & Mixed Fruit Lunch – Fish, Mac & Cheese, Green Beans & Applesauce
28 Breakfast – Cereal & Mixed Fruit Lunch – Spaghetti & Meatballs, Green Beans, & Peaches	29 Breakfast – Sausage Biscuit & Apple Sauce Lunch – Chicken, Rice, & Pineapple	30 Breakfast – Cinnamon Roll & Grapes Lunch = Corn dog, Beans, & Pears	31 Breakfast – Ham & Eggs & Lunch – Taco, Corn, & Mandarin Oranges	1 Breakfast – Cereal & Fruit Cocktail Lunch – PB & Jelly, Carrot Sticks, & Tropical Fruit

Notes: USDA is an equal Opportunity Employer. Breakfast \$2.00 Reduced \$0.30 Lunch \$3.00 Reduced \$0.40 Milk \$0.60 Milk Served with all Meals