




October

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG CHICKEN SANDWICH ~~~~~ WG CHICKEN FAJITA WITH OPTIONAL PEPPERS ~~~~~ STRAWBERRIES	3 TURKEY GRAVY/MASHED POTATOES/GRAVY ~~~~~ ROASTED HONEY BBQ CHICKEN ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ GREEN BEAN	4 WHOLE GRAIN PIZZA ~~~ PIGS IN A BLANKET(BEEF HOT DOG WRAPPED IN DOUGH) ~~~ CAESAR SALAD	5 TERIYAKI CHICKEN OVER WHOLE GRAIN RICE ~~~~~ SUPER NACHOS ~~~~~ COLESLAW	6 
9 NATIONAL TOASTED CHEESE SANDWICH ~~~ CHICKEN STRIPS AND BREADSTICK ~~~ TOMATO SOUP	10 SCHOOL BREAKFAST FOR LUNCH CHICKEN FRIED STEAK WITH POTATOES & COUNTRY GRAVY ~~~~~ PANCAKES & SAUSAGE ~~~~~ FRESH MADE WG HONEY BUTTER DINNER ROLL ~~~~~ BLEUBERRIES WITH WHIPPED TOPPING	11 LUNCH NO SCHOOL INSERVICE DAY  Teacher Training	12 WEEK SHREDDED BBQ CHICKEN & CHEESE PANINI SANDWICH ~~~~~ SWEET & SOUR CHICKEN OVER WHOLE GRAIN RICE ~~~~~ WATERMELON FREE & REDUCED MEAL APPS DUE	13 WHOLE GRAIN PIZZA ~~~ BBQ RIB HOAGIE ~~~ CAESAR SAAD
16 WG CHICKEN SANDWICH ~~~~~ WALKING TACO WITH WG TOSTITOS ~~~~~ BEAN LAYER DIP&CHIPS	17 HOMEMADE CHILI WITH FRESH TOPPINGS ~~~ WHOLE GRAIN CORN DOG ~~~ FRESH MADE WG CINNAMON ROLL	18 WHOLE GRAIN PIZZA ~~~ SUPER SLOPPY JOE ~~~ CAESAR SALAD	19 TERIYAKI CHICKEN OVER WHOLE GRAIN RICE ~~~~~ HAM & CHEESE PANINI ~~~~~ COLESLAW	DAILY Specials: MONDAY: <i>CHEESEBURGER ON A WHOLE GRAIN BUN</i> TUESDAY: <i>HOAGIE SANDWICH</i> WEDNESDAY: <i>CHICKEN SANDWICH</i> THURSDAY: <i>WG BEAN & CHEESE BURRITO</i>
23 TOASTED CHEESE SANDWICH ~~~ CHICKEN STRIPS AND BREADSTICK ~~~ TOMATO SOUP	24 SPAGHETTI WITH GROUND BEEF MARINARA AND PARMESAN CHEESE ~~~~~ WHOLE GRAIN CORN DOG ~~~~~ FRESH MADE WG DINNER ROLL ~~~~~ GREEN BEANS	25 WHOLE GRAIN PIZZA ~~~ PIGS IN A BLANKET(BEEF HOT DOG WRAPPED IN DOUGH) ~~~ CAESAR SALAD	26 BBQ SHREDDED CHICKEN SLIDER SANDWICHES ~~~~~ SWEET & SOUR CHICKEN OVER WHOLE GRAIN RICE ~~~~~ FRUIT SALAD	
30 HAM & CHEESE CALZONE ~~~~~ MOZZA MEATBALL HOAGIE ~~~~~ FRIES	31  JACKO LANTERN PIZZA ~~~~~ SCARECROW NACHOS ~~~~~ GREEN SLIME (JELLO WITH PEARS)	JOIN US FOR NATIONAL SCHOOL LUNCH WEEK OCT 9-13	DAILY CHOICES: YOGURT WITH SUNFLOWER SEEDS & BAGEL SUB SANDWICH OR PEANUT BUTTER AND JAM SANDWICH FRESH FRUIT AND VEGGIE BAR VARIETY OF MILK	