

October

Monday	Tuesday	Wednesday	Thursday	Friday
Dipper doodle bar Crispy Chicken Sandwich Cheese Lasgna (vg) Deli Combo Sandwich Corn 2	Multigrain Cheerios Mac & Cheese w/Chicken Bites Turkey & Cheese Flatbread Egg Salad Sub (vg) Carrots 3	Cinna-grins cereal and Hard-boiled egg Cheese Tamale (vg) Chicken Parmesan Pasta Honey Mustard Chicken Wrap Carrots and Beans 4	French Toast sticks Cheese Pizza (vg) Hot Dog Sesame Chicken Wrap Chopped lettuce and sliced tomatoes with ranch 5	Cinnamon crackers with string cheese Half Day for Students – No Lunch 6
Columbus Day No School 9	NATIONAL SCHOOL LUNCH WEEK			WEEK
	Cinnamon crackers and cereal Chicken Bites wi/Tomato Curry Firecracker Chicken w/noodles Cheese Sandwich (vg) Broccoli Florets 10	Lemon Muffin Mac & Cheese w/sausage Spaghetti and meatballs Sunbutter & jelly sandwich (vg) Sweet potatoes 11	Chorizo & cheese brekwich Cheese pizza (vg) Cheeseburger Turkey and Cheese sandwich Celery sticks 12	Autumn spice muffin Chicken Bites w/goldfish Chicken enchiladas roja Veggie taco salad (vg) Braised greens 13
Crackers w/string cheese BBQ chicken and rice Italian Calzoni (vg) Deli combo sandwich Carrots 16	Snow flurries cereal Bean and cheese quesadilla (vg) Chili citrus chicken drumstick Turkey and cheese sandwich Broccoli florets 17	Breakfast burrito Meatball and rice BBQ chicken sandwich Southwest veggie wrap (vg) Corn 18	French Toast Muffin Chicken sandwich Hot dog Veggie chef salad (vg) Chopped lettuce and sliced tomatoes with ranch 19	Dipperdoodle and string cheese BBQ meatballs Pasta with beef Egg salad sandwich Green beans 20
Cheerios with Apple Bar Chicken Bites Turkey and Cheese Flatbread Egg Salad Sandwich (vg) Corn 23	Blueberry Muffin Cheese Ravioli (vg) Kickin' Chicken Melt Sandwich Chillin' Chinese Chicken Noodles Green Beans 24	Cheese Omelet Sweet Garlic Chicken Noodles Deli Combo Sandwich Cheese Sandwich (vg) Edamame & Grape Tomatoes 25	Autumn Spice Muffin Cheesebruger BBQ Chicken Sandwich Veggie Taco Salad (vg) Chopped lettuce and sliced tomatoes with ranch 26	Cinnamon Crumble Half Day for Students – No Lunch 27
Apple crisp bar Chickhen Enchilada Roja Chicken Potstickers Cheese Sandwich (vg) Green Beans 30	Lemon Muffin Pancakes and Sausage BBQ chicken sandwich Sunbutter & Jelly sandwich (vg) Carrots 31			

celebrate national school lunch week!

October 10-13 is National School Lunch Week, and we're celebrating with an all-star menu of all your favorite meals!

Stop by the lunchroom and try something new!

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF) and vegetarian (V) options available daily – if not listed on the menu, available upon request.

Vegetable of the day

This institution is an equal opportunity provider.

