



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Pizza Crunchers with Warm Marinara Sauce Marinated Chickpea Salad Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>4</p> <p>Hot Dog on a Whole Wheat Bun BBQ Baked Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>5</p> <p>No School</p>	<p>6</p> <p>Chicken Nuggets Whole Wheat Dinner Roll Mashed Potatoes & Gravy Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>7</p> <p>Stuffed Crust Pizza Garden Salad with Lite Dressing Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>
<p>10</p> <p>Columbus Day No School</p> <p>National School Lunch Week! October 10-14</p>	<p>11</p> <p>Taco Tuesday! Taco Salad over Lettuce served with Baked Tostitos Cheese, Salsa, Corn Salad Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>12</p> <p>Breakfast for Lunch! French Toast Sticks Turkey Sausage Maple Glazed Carrots Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>13</p> <p>Chicken & Waffle Day! Popcorn Chicken served with Dutch Waffle & Gravy Seasoned Green Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>14</p> <p>Pizza Day! Homemade Pizza Cheese or Pepperoni Cucumbers with Ranch Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>
<p>17</p> <p>Macaroni & Cheese Whole Grain Dinner Roll Fresh Broccoli Florets Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>18</p> <p>Cheeseburger on a Whole Wheat Bun Roasted Red Potatoes Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>19</p> <p>Meatballs & Marinara Sauce Cheesy Breadstick Roasted Cauliflower Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>20</p> <p>Crispy Chicken Sandwich on a Whole Wheat Bun BBQ Baked Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>21</p> <p>Personal Pan Pizza Baby Carrots with Ranch Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>
<p>24</p> <p>Mozzarella Sticks with Marinara Sauce Italian Seasoned Green Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>25</p> <p>Chicken Quesadilla Salsa & Sour Cream Golden Corn & Black Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>26</p> <p>Belgian Waffle Sticks Turkey Sausage Sweet Potato Puffs Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>27</p> <p>Chicken Nuggets Herbed Rice Seasoned Broccoli Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>28</p> <p>Pizza Dunker Sticks Served with Marinara Sauce Garden Salad with Lite Dressing Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>
<p>31</p> <p>Toasted Cheese Croissant Campbell's Tomato Soup Cucumbers with Ranch Mini Rice Krispie Treat Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk</p>	<p>October 10-14 is National School Lunch Week! <i>We will be serving our student's favorite meals throughout the week. This is a great week to give school lunch a try!</i></p>			

