



Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Corn dog on a Stick BBQ Baked Beans Fresh Fruit or Fruit Cup 1% White Milk 3	Cheesy Breadstick Fresh Broccoli Florets Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 4	No School 5	Chicken Nuggets Garlic Green Beans Fresh Fruit Cup Low Fat or Fat Free Milk 6	Stuffed Crust Pizza Baby Carrots Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 7
Columbus Day No School National School Lunch Week! October 10-14 10	Breakfast for Lunch! 11 French Toast Sticks Maple Glazed Carrots Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Taco Day! 12 Soft Beef Taco with Cheese Seasoned Black Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Chicken Day! 13 Popcorn Chicken Mashed Potatoes Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk	Pizza Day! 14 Personal Pan Pizza Garden Salad with Lite Dressing Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk
Pizza Crunchers Fresh Broccoli Florets Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 17	Hot Dog on a Whole Wheat Bun Roasted Red Potatoes Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 18	Pasta with Meat Sauce Cucumber Salad Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 19	Crispy Chicken Sandwich on a Whole Wheat Bun Seasoned Carrot Coins Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 20	French Bread Pizza Marinated Chickpea Salad Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 21
Cheeseburger on a Whole Wheat Bun BBQ Baked Beans Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 24	Chicken Quesadilla Confetti Corn Salad Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 25	French Toast Sticks Turkey Sausage Sweet Potato Puffs Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 26	Chicken Nuggets Garden Salad with Lite Dressing Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 27	Pizza Dunker Stick served with Marinara Sauce Roasted Cauliflower Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 28
Toasted Cheese Croissant Cucumber Wheels Fresh Fruit or Fruit Cup Low Fat or Fat Free Milk 31	October 10-14 is National School Lunch Week!			

