

October 2018

**Please Note: Breakfast Milk choice includes a choice of non-fat (unflavored) or 1% (unflavored) milk,
Lunch includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk
Reduced fat dressing is served with salads and fresh vegetables.
All Grain items are Whole Grain Rich**

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>B'Fast – WG Biscuits & Gravy, Fruit, Juice, Milk</p> <p>Lunch- Elem: Soft Shell Taco, HS: Taco in Bag, Lettuce, Tomatoes, Cheese, Refried Beans, Green Beans, ½ Orange, Pears, Milk</p>	<p>2</p> <p>B'Fast – Pancake o Stick, Fruit, Juice, Milk</p> <p>Lunch-Chicken Strips, Mashed Potatoes w/ Gravy, BB Sandwich, Peaches, Fresh Fruit, Milk</p>	<p>3</p> <p>B'Fast 0 Egg/Cheese Biscuits, Fruit, Juice, Milk</p> <p>Lunch – Pork Tender on Bun, Rice, Peas, Mandarin Oranges, ½ Apple, Milk</p>	<p>4</p> <p>B'Fast – French Toast Sticks, Fruit, Juice, Milk</p> <p>Lunch- Corndog, Broccoli w/Cheese, Applesauce, Cantaloupe, Milk</p>	<p>5</p> <p>B'Fast - Egg Ham Combo, Fruit, Juice, Milk</p> <p>Lunch- Cream Chicken on Biscuits, Peas, Steamed Carrots, Fresh Fruit, Pears, Milk</p>
<p>8</p> <p>B'Fast – Breakfast Wrap, Fruit, Juice, Milk</p> <p>Lunch – Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Romaine/Spinach Salad, Applesauce, Fresh Fruit, Milk</p>	<p>9</p> <p>B'Fast – WB Biscuits & Gravy, Fruit, Juice, Milk</p> <p>Lunch- Crispito's, Cheese, Chili, Corn, BB Sandwich, Refried Beans, ½ Apple, Mandarin Oranges, Milk</p>	<p>10</p> <p>B'Fast – Breakfast Pizza, Fruit, Juice, Milk</p> <p>Lunch – Italian Chicken on Bun, Tator Tots, Celery, ½ Orange, Pears, Milk</p>	<p>11</p> <p>B'Fast – Egg/Ham Combo, Fruit, Juice, Milk</p> <p>Lunch – Shredded Pork on Bun, Tator Tots, Peaches, Applesauce, Milk</p>	<p>12</p> <p>B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk</p> <p>Lunch – Hotdogs on Bun, Baked Beans, Baby Carrots, Watermelon, Applesauce, Milk</p>
<p>15</p> <p>B'Fast – Waffle Sticks, Cheese Sticks, Fruit, Juice, Milk</p> <p>Lunch – Chicken Fajita on Soft Shell, Corn, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit, Pears, Milk</p>	<p>16</p> <p>B'Fast – Egg/Cheese on Biscuits, Fruit, Juice, Milk</p> <p>Lunch – Rib on a Bun, Wedge Fries, Baby Carrots, Peaches, Pineapple, Milk</p>	<p>17</p> <p>B'Fast – Pancake on a Stick, Fruit, Juice, Milk</p> <p>Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Fresh Fruit, Pears, Milk</p>	<p>18</p> <p>B'Fast – Pizza, Fruit, Juice, Milk</p> <p>Lunch- Goulash, Mixed Vegetables, Romaine/Spinach, BB Sandwich, Banana, Applesauce, Milk</p>	<p>19</p> <p>B'Fast – French Toast Sticks, Fruit, Juice, Milk</p> <p>Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, Celery, BB Sandwich Peaches, Fresh Fruit, Milk</p>
<p>22</p> <p>B'Fast – Egg/Ham Combo, Fruit, Juice, Milk</p> <p>Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, , Pineapple, Milk</p>	<p>23</p> <p>B'Fast – WG Biscuits & Gravy, Fruit, Juice, Milk</p> <p>B'Fast - Lunch- Fish Sandwich on Bun, Wedge Fries, ½ Orange Fresh Fruit, Milk</p>	<p>24</p> <p>B'Fast – Egg/Cheese Omelet, Toast, B'Fast – WG Biscuits & Gravy, Fruit, Juice, Milk</p> <p>Lunch – Cheddarwurst on Bun, Baked Beans, Baby Carrots, Cucumbers, ½ Apple, Mandarin Oranges, Milk</p>	<p>25</p> <p>B'Fast – Breakfast Wrap, B'Fast – WG Biscuits & Gravy, Fruit, Juice, Milk</p> <p>Lunch – Country Fried Steak, Mashed Potatoes w/Gravy, Baby Carrots, BB Sandwich, Peaches, Applesauce, Milk</p>	<p>26</p> <p>B'Fast – Pancake on Stick, B'Fast – WG Biscuits & Gravy, Fruit, Juice, Milk</p> <p>Lunch – Hot/Ham Sandwich, Baby Carrots, Celery, Peaches, Pineapple, Milk</p>
<p>29</p> <p>B'Fast – Breakfast Pizza, Fruit, Juice, Milk</p> <p>Lunch – Chicken Patty on Bun, Curly Fries, , ½ Apple, Mandarin Oranges, Milk</p>	<p>30</p> <p>B'Fast – WG Biscuits & Gravy, Fruit, Juice, Milk</p> <p>Lunch – Mini Corndogs, Broccoli w/Cheese Sauce, Baby Carrots, Fresh Fruit, Peaches, Milk</p>	<p>31</p> <p>B'Fast – Egg/Cheese on Biscuits, Fruit, Juice, Milk</p> <p>Lunch – Sub Sandwich, Romaine Spinach, Baked Beans, Baby Carrots, Watermelon, Pears, Milk</p>		