



Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
WG Pizza Crunchers SIDES: Roasted Beets Potato Wedges Tomato, Basil, Mozzarella Salad Apple Wedges Diced Peaches Skim Chocolate or Skim White Milk	Chicken Tortilla Casserole SIDES: Black Beans Fresh Broccoli Lettuce & Tomatoes Watermelon Diced Pears Skim Chocolate or Skim White Milk	Sloppy Joes on WG Bun SIDES: Country Vegetables Zucchini Sticks 1/2 Banana Mixed Fruit Cereal Bar Skim Chocolate or Skim White Milk	Hamburger on WG Bun SIDES: Crinkle Cut Fries Steamed Green Beans Fresh Pear Slices Pineapple Tidbits Skim Chocolate or Skim White Milk	 <p>Teacher Inservice Day</p>
NATIONAL SCHOOL LUNCH WEEK				
10	11	12	13	14
Salisbury Steak & WG Dinner Roll SIDES: Mashed Potatoes with Gravy Fresh Broccoli Kiwi Dried Cherries Skim Chocolate or Skim White Milk	Chicken Fajitas on WG Soft Shell Taco SIDES: Refried Beans Cherry Tomatoes Lettuce & Tomatoes Fresh Strawberries Mandarin Oranges Mexican Rice Skim Chocolate or Skim White Milk	WG Popcorn Chicken SIDES: California Blend Vegetables Roasted Sweet Potato Fries Baby Carrots Honeydew Apricots Garlic Breadstick Skim Chocolate or Skim White Milk	WG Spaghetti with Meaty Marinara SIDES: Steamed Peas Garnished Tossed Salad Cucumber Slices Orange Slices Applesauce WG Garlic Toast Skim Chocolate or Skim White Milk	Fish Sticks SIDES: Emoji Fries Creamy Coleslaw Grapes Sliced Peaches Skim Chocolate or Skim White Milk
17	18	19	20	21
Mandarin Orange Chicken SIDES: Broccoli Stir Fry Vegetables Fresh Celery Blueberries Pineapple Tidbits Brown Rice Slice of Bread Skim Chocolate or Skim White Milk	Beef Nacho Supreme with Cheese SIDES: Carrot Coins Broccoli Raisin Salad Assorted Relish with Red Peppers Lettuce & Tomatoes Fresh Pineapple Apricots Red Beans & Rice Skim Chocolate or Skim White Milk	WG Breakfast Sandwich on Biscuit Sausage, Egg, Cheese SIDES: Triangle Potato Baby Carrots Spinach Salad with Cherry Tomatoes Fresh Apple Wedges Mandarin Oranges Cinnamon Streusel Cake Skim Chocolate or Skim White Milk	Chicken & Gravy over Mashed Potatoes Dinner Roll SIDES: Mashed Potatoes & Gravy Corn Fresh Apple Slices Diced Pears Skim Chocolate or Skim White Milk	Cheese Bites & Marinara Sauce SIDES: Baked Beans Tossed Salad Potato Salad Watermelon Applesauce Cup Skim Chocolate or Skim White Milk
24	25	26	27	28
Mr. Rib Sandwich on WG Bun SIDES: Sweet Potato Fries Spinach Bistro Salad Fresh Pear Slices Diced Peaches Skim Chocolate or Skim White Milk	WG Pizza Casserole SIDES: Steamed Broccoli Italian Romaine Salad Zucchini Sticks Citrus Fruit Bowl Mixed Fruit WG Garlic Toast Skim Chocolate or Skim White Milk	Biscuits with Sausage and Gravy Chicken Patty on WG Bun SIDES: Steamed Green Beans Fresh Cauliflower Triangle Potato Fruit Cup Cinnamon Apple Slices Skim Chocolate or Skim White Milk	 <p>PARENT TEACHER CONFERENCES</p>	
OCT. 31 - HALLOWEEN				
Chicken Pot Pie over Biscuit SIDES: Mixed Vegetables Fresh Broccoli Spinach & Tomato Salad Raisins Ghost Banana Skim Chocolate or Skim White Milk	 <p>HAPPY Halloween</p>			

*Menu subject to change without notice

*WG = Whole Grain Rich Items