

October 2016

Sun Mon Tue Wed Thu Fri Sat

2	Breakfast: French Toast, berries, milk Lunch: Chicken Nuggets, carrots, green beans, bread milk	3	Breakfast: Pancake, applesauce, milk Lunch: Egg Noodles, ground turkey, salad, oranges, milk	4	Breakfast: Cinnamon Toast Crunch, banana, milk Lunch: Spaghetti, broccoli, berries, milk	5	Breakfast: Bagel, jelly, peaches, milk Lunch: Fish Sticks, mash potatoes, green peas, wheat toast, milk	6	Breakfast: Turkey Bacon, biscuit, pineapples, milk Lunch: Cheese pizza, melon, milk	7		8
9	No School Columbus Day	10	Breakfast: Scrambled eggs, biscuit, oranges, milk Lunch: Chicken nuggets, mixed vegetables, fruit cocktail, roll, milk	11	Breakfast: Honey Nut Cheerios, bananas, milk Lunch: Mac & Cheese, ham, green beans, melon, milk	12	Breakfast: Pancakes, peaches, milk Lunch: spaghetti, carrots, apple, milk	13	Breakfast: French Toast, applesauce, milk Lunch: Fish Sticks, corn, tropical fruit, roll, milk	14		15
16	Breakfast: Cinnamon toast Crunch, oranges, milk Lunch: Egg Noodles, grilled chicken, salad, carrots, milk	17	Breakfast: Pancakes, berries, milk Lunch: Turkey & Cheese sandwich, tater tots, tropical fruit, milk	18	Breakfast: Sausage, biscuit, melon, milk Lunch: Chicken Nuggets, green beans, grapes, roll, milk	19	Breakfast: Scrambled eggs, toast, apple slices, milk Lunch: Spaghetti, oranges, broccoli, roll, milk	20	Breakfast: Bagel, jelly, pineapple, milk Lunch: cheese Pizza, salad, pears, milk	21		22
23	Breakfast: French toast, berries, milk Lunch: Grilled chicken and cheese roll up, baked fries, mixed vegetables, milk	24	Breakfast: Turkey Bacon, biscuit, melon, milk Lunch: Hot Dog, baked beans, tater tots, milk	25	Breakfast: Cinnamon toast Crunch, banana, milk Lunch: Chicken nuggets, broccoli, yellow rice, peaches	26	Breakfast: Pancake, oranges, milk Lunch: Fish Stick, corn, grapes, break, milk	27	Breakfast: Oatmeal, apple slices, milk Lunch: Mac & Cheese, ham, green beans, tropical fruit, milk	28		29
30	Breakfast: Waffles, oranges, milk Lunch: Chicken Nuggets, black beans, yellow rice, apples, milk	31	Parents, Please remember all K - 8 Students MUST pay \$2 per day for School Lunch.				31					

