





OCTOBER				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	French Toast Sticks	Yogurt/Mini Loaf	Breakfast Pizza	Assorted Cereal
	Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk
	Turkey Breast	BBQ Pulled Pork	Baked Cheese Pizza	Cheesy Breadsticks
	Mashed Potatoes wGravy	Baby Cake Potatoes	Mixed Vegetables	Dipping Sauce
	WG Roll	Baked Beans	Tortilla Chips	Garden Salad
	Steamed Corn	Choice of Fruit	Choice of Fruit	Green Beans
	Choice of Fruit			Choice of Fruit
7	8	9	10	11
Assorted Cereal	Pancakes	Yogurt/Mini Loaf	Egg & Cheese Sandwich	Assorted Cereal
Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk
Seasoned Popcorn Chicken	Taco Tuesday w/Chips	Buttered Pierogis	Hot Ham & Cheese	Mac & Cheese
Mashed Potatoes	Cheese, Lett, Salsa	WG Roll	Scallop Potatoes	Breaded Chicken
WG Roll	Broccoli	String Cheese	Baked Beans	Stewed Tomatoes
Steamed Corn	Choice of Fruit	Steamed Carrots	Choice of Fruit	Choice of Fruit
Choice of Fruit		Choice of Fruit		
14	15	16	17	18
	French Toast Sticks	Yogurt/Mini Loaf	Dutch Waffle	Assorted Cereal
Teachers Protessional Development	Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk
Eay	Meatballs in Sauce	Baked Cheese Pizza	Hamburger on WG Bun	Chicken Taco Bowl
	WG Pasta	Garden Salad	French Fries	Brown Rice
PROGRAM CLOSED	Steamed Corn	Steamed Broccoli	Steamed Corn	Salsa & Cheese
FROGRAVI CEOSED	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
21	22	23	24	25
Assorted Cereal	Waffles	Yogurt/Mini Loaf	Pancakes	Assorted Cereal
Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk
Breaded Chicken	Blueberry Pancakes	Pasta w/Meatballs	BBQ Sloppy Joe	Cheesy Breadsticks
Brown Rice	Hash Browns	WG Roll	Baby Cake Potatoes	Sauce
Steamed Broccoli	Steamed Peas	Cheese	Green Beans	Garden Salad
Choice of Fruit	Choice of Fruit	Steamed Carrots	Choice of Fruit	Kidney Beans
		Choice of Fruit		Choice of Fruit
28	29	30	31	
Assorted Cereal	Dutch Waffle	Yogurt/Mini Loaf	Waffles	
Juice/Milk	Juice/Milk	Juice/Milk	Juice/Milk	
Crispy Chicken Wrap	Taco Tuesday w/Chips	Turkey Breast	Rotini Cheesy Bake	
Lettuce & Tomato		Mashed Potatoes w/Gravy		
Steamed Corn	Refried Beans	WG Roll	Steamed Carrots	
Choice of Fruit	Choice of Fruit	Steamed Corn	Choice of Fruit	
		Choice of Fruit	Onoice of Fruit	
All meals are served with 1% i	Inflavored milk: juice is 100% r		more than 23 grams of sugar	
All meals are served with 1% unflavored milk; juice is 100% pasteurized; yogurt contains no more than 23 grams of sugar per 6 ounce serving; cereal contains no more than 6 grams of sugar per dry ounce.				Menu Subject to Change
per o ounce serving, cereal contains no more than o grains or sugar per dry ounce.				l