



School Information:

OCT. 14TH – 18TH FALL BREAK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER .



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Quesadilla, chips w/ salsa, Mexican corn, celery sticks, fresh fruit, milk
OR turkey sandwich

2 Country fried steak, steamed broccoli, whipped potatoes, roll w/ butter, peaches, milk

3 Lasagna roll-up, romaine salad, sliced cucumbers, Bosco stick, fresh fruit, milk

4 Fish shapes, macaroni & cheese, coleslaw, carrot sticks, pears, milk

7 Grilled cheese sandwich, California vegetables, French fries, radishes, pineapple, milk
OR Sunbutter sandwich

8 Meatballs in marinara, romaine salad, cherry tomatoes, garlic bread, fresh fruit, milk

9 Smoked sausage, scalloped potatoes, green beans, cornbread, rosy applesauce, milk

10 Crispito, seasoned black beans, Spanish rice, pepper strips, fresh fruit, milk

11 Pancakes, sausage links, hash brown cubes, tomato juice, mandarin oranges, milk

14 FALL BREAK ☺

15 FALL BREAK ☺

16 FALL BREAK ☺

17 FALL BREAK ☺

18 FALL BREAK ☺

21 Corndog, baked beans, sweet potato fries, celery sticks, tropical fruit, milk
OR chef salad

22 Mini waffles, sausage patty, hash brown patty, tomato juice, cooked apples, milk

23 Blackhawk bowl Chicken smackers, potatoes, corn, gravy, cheese, roll w/ butter, mixed fruit, milk

24 Teriyaki chicken, stir fry vegetables, fried rice, eggroll, fresh fruit, fortune cookie, milk

25 Pizza, pasta salad, baked chips, veggie sticks w/ ranch dressing, pineapple, milk

28 Sub sandwich, French fries, pickles, great northern beans, peaches, milk
OR turkey sandwich

29 Fiestada, pizza, refried beans, nacho chips w/ salsa, fresh fruit, milk

30 Chicken and noodles, mashed potatoes, mixed veggies, bread w/ butter, pears, milk

31 **HAPPY HALLOWEEN** Chicken sticks, witches fingers, (green beans) baked potato, dragon juice, cats eyes (grapes), milk, cookie.

