



OCTOBER

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Offered Daily • Fresh and Local Fruits and Vegetables • Assorted Deli Sandwiches & Salads • Choice of Milk		1 Sweet and Sour Veggie Dumplings Brown Rice Corn and Bean Salad Assorted Fruit	2 Pizza w/Asst. Toppings Side Garden Salad Assorted Fruit
5 Chicken Poppers Corn Bread Muffin Mashed Potatoes Green Peas Assorted Fruit	6 Pasta with Meat Sauce Parm Cheese WG Dinner Roll Green Beans Eggplant Parm Assorted Fruit	7 French Toast Sticks w/Maple Syrup Chicken Sausage Patty Carrots & Chocolate Hummus Assorted Fruit	8 Grilled Cheese Tomato Soup Baked Beans Assorted Fruit	9 Pizza w/Asst. Toppings Side Garden Salad Cinnamon Roasted Pears Assorted Fruit
12 No School Indigenous Peoples' Day	13 Hamburger or Cheeseburger on WW Roll w/Lettuce & Tomato Sweet Potato Fries Assorted Fruit	14 Hot Dog on a Roll Condiments Celery Sticks Carrot Sticks Assorted Fruit	15 BBQ Pulled Chicken Sandwich Oven Baked Fries Baked Beans Assorted Fruit	16 Pizza w/Asst. Toppings Side Caesar Salad Cinnamon Roasted Pears Assorted Fruit
19 Chicken Corn Dog Nuggets Oven Baked Fries Assorted Fruit	20 Spaghetti & Meatballs Parm Cheese WG Bun Green Beans Assorted Fruit	21 Chicken Poppers and Pancakes Carrot Sticks Chocolate Hummus Assorted Fruit	22 Chicken Bowl Mexican Street Corn Brown Rice Assorted Fruit	23 Pizza w/Asst. Toppings Three Bean Salad Assorted Fruit
26 Hamburger or Cheeseburger on WW Roll w/Lettuce & Tomato Chickpea Salad Assorted Fruit	27 Chicken Broccoli Alfredo WG Dinner Roll Assorted Fruit	28 French Toast Sticks w/Maple Syrup Chicken Sausage Patty Carrots & Chocolate Hummus Assorted Fruit	29 Pizza w/Asst. Toppings Celery and Hummus Assorted Fruit	30 Chicken Poppers w/Dipping Sauce Mashed Potatoes Golden Corn Assorted Fruit