




# OCTOBER

**This Institution is an equal opportunity provider.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>NOTE:</b> No chef salads on the following days: Oct. 5, 7, 13, 14, 19, 20, 21, 26, 27, 28</p>			<p>1/ <b>BREAKFAST:</b> Yogurt/Teddy Grahams  <b>LUNCH:</b> BBQ Pork Rib/WG Bun, Baked Beans, Carrot Sticks, Banana  <b>ALTERNATE:</b> Turkey &amp; Swiss/WG Bun Chef Salad MS/HS &amp; Staff</p>	<p>2/ <b>BREAKFAST:</b> Cheese Omelet/Toast <b>LUNCH:</b> Taco Pizza, Salsa, Fresh Broccoli, Lettuce/Dressing, Applesauce, Cookie  <b>ALTERNATE:</b> Ham &amp; Cheese/WG Bun Chef Salad MS &amp; HS &amp; Staff</p>	
4/	<p>5/ <b>BREAKFAST:</b> Breakfast Pizza <b>LUNCH:</b> Breaded Turkey Fritter/WG Bun, Peas, Carrot Sticks, Applesauce <b>ALTERNATE:</b> Ham/WG Bun <b>NO CHEF SALADS TODAY</b></p>	<p>6/ <b>BREAKFAST:</b> Mini Donuts <b>LUNCH:</b> Corn Dog, Green Beans, Fresh Cauliflower, Pears <b>ALTERNATE:</b> Turkey, Ham, Cheese Sub Chef Salad MS/HS &amp; Staff</p>	<p>7/ <b>BREAKFAST:</b> Mini Cinni <b>LUNCH:</b> Spaghetti/Meat Sauce, Romaine/Dressing, Celery Sticks, Garlic Toast, Orange <b>ALTERNATE:</b> Chicken Crispito <b>NO CHEF SALAD TODAY</b></p>	<p>8/ <b>BREAKFAST:</b> French Toast Sticks <b>LUNCH:</b> Pork Tenderloin/WG Bun, Baked Beans, Carrot Sticks, Mixed Fruit <b>ALTERNATE:</b> Turkey/WG Bun Chef Salad MS/HS &amp; Staff</p>	<p>9/ <b>BREAKFAST:</b> Sausage Gravy over Biscuit <b>LUNCH:</b> Pizza Crunchers, Marinara, Corn, Grapes, Cookie <b>ALTERNATE:</b> Chicken, Bacon Ranch Wrap Chef Salad MS/HS &amp; Staff</p>	10/
	<p>12/ <b>NO SCHOOL</b></p>	<p>13/ <b>BREAKFAST:</b> Pancake on a Stick <b>LUNCH:</b> Tacos. Taco Chips, Lettuce, Cheese, Tomatoes, Banana, Cookie <b>ALTERNATE:</b> Tuna Salad/WG Bun <b>NO CHEF SALADS TODAY</b></p>	<p>14/ <b>BREAKFAST:</b> Snack Bread <b>LUNCH:</b> Chicken Strips, Mashed Potatoes/Gravy, Green Beans, Dinner Roll, Mandarin Oranges <b>ALTERNATE:</b> Breaded Pork Chop <b>NO CHEF SALAD TODAY</b></p>	<p>15/ <b>BREAKFAST:</b> Long John <b>LUNCH:</b> Bratwurst/WG Bun, Baked Beans, Fresh Broccoli, Peaches <b>ALTERNATE:</b> Chicken Salad/Crossaint Chef Salad MS/HS &amp; Staff</p>	<p>16/ <b>BREAKFAST:</b> Chicken Biscuit Sandwich <b>LUNCH:</b> Pizza, Marinara, Romaine/Dressing, Pears, Jonny Pop Ice Cream <b>ALTERNATE:</b> Turkey/WG Bun Chef Salad MS/HS &amp; Staff</p>	17/
18/	<p>19/ <b>BREAKFAST:</b> Muffin <b>LUNCH:</b> Sloppy Joes/Bun, Sunchips, Corn, Celery Sticks, Mixed Fruit <b>ALTERNATE:</b> Ham/WG Bun <b>NO CHEF SALADS TODAY</b></p>	<p>20/ <b>BREAKFAST:</b> Bagel/Cream Cheese <b>LUNCH:</b> Chicken Patty/WG Bun, Steamed Carrots, Fresh Broccoli, Applesauce <b>ALTERNATE:</b> Italian Sub <b>NO CHEF SALADS TODAY</b></p>	<p>21/ <b>BREAKFAST:</b> Breakfast Slider <b>LUNCH:</b> Scalloped Potatoes/Ham, Green Beans, Bread &amp; Butter, Peaches <b>ALTERNATE:</b> Pork Egg Roll <b>NO CHEF SALADS TODAY</b></p>	<p>22/ <b>BREAKFAST:</b> Waffles <b>LUNCH:</b> Hot Dog/WG Bun, Baked Beans, Carrot Sticks, Pears <b>ALTERNATE:</b> Turkey Wrap Chef Salad MS/HS &amp; Staff</p>	<p>23/ <b>BREAKFAST:</b> Scrambled Eggs/Toast <b>LUNCH:</b> Chicken Quesadilla, Salsa, Romaine/Dressing, Pineapple <b>ALTERNATE:</b> Ham &amp; Cheese/WG Bun Chef Salad MS/HS &amp; Staff</p>	24/
25/	<p>26 <b>BREAKFAST:</b> Poptart <b>LUNCH:</b> Hamburger Patty/WG Bun, Tomato Slices, Hash Brown, Apple Slices <b>ALTERNATE:</b> Egg Salad/Crossaint <b>NO CHEF SALADS TODAY</b></p>	<p>27 <b>BREAKFAST:</b> Cinnamon Roll <b>LUNCH:</b> Chicken Nuggets, Pasta Salad, Peas, Fresh Cauliflower, Mixed Fruit <b>ALTERNATE:</b> Ham/WG Bun <b>NO CHEF SALADS TODAY:</b></p>	<p>28/ <b>BREAKFAST:</b> Breakfast Bar/Toast <b>LUNCH:</b> Chicken Tetrazzini, Green Beans, Celery Sticks, Dinner Roll, Peaches <b>ALTERNATE:</b> Fish Patty <b>NO CHEF SALADS TODAY</b></p>	<p>29/ <b>BREAKFAST:</b> Yogurt/Grahams <b>LUNCH:</b> BBQ Pork Rib/WG Bun, Baked Beans, Carrot Sticks, Banana <b>ALTERNATE:</b> Turkey &amp; Swiss/WG Bun Chef Salad MS/HS &amp; Staff:</p>	<p>30/ <b>BREAKFAST:</b> Cheese Omelet/Toast <b>LUNCH:</b> Taco Pizza, Salsa, Lettuce/Dressing, Applesauce, EEK Dessert <b>ALTERNATE:</b> Ham &amp; Cheese/WG Bun Chef Salad MS/HS &amp; Staff</p>	

**BREAKFAST options includes cereal variety, oatmeal, toast, applesauce, orange, orange juice, apple juice, grape juice fresh fruit variety**

**SALAD BAR offered for grades 5-12 may include the following: lettuce, romaine, spinach, broccoli cauliflower and other fresh vegetables. Also included are: apples, oranges, canned and other fresh fruits. Chef Salads are offered on select days include romaine, variety of vegetables, eggs, cheese and meat choice of cooks.**