





OCTOBER

This Institution is an equal opportunity provider.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	NOTE:				1/ BREAKFAST: Cheese Omelet/Toast LUNCH: Pizza, Marinara, Fresh Broccoli/low calorie ranch, Pineapple Tidbits ALTERNATE: Chicken Salad/WG Croissant; BLT Chef Salad MS/HS & Staff	
3/	4/ BREAKFAST: Poptart LUNCH: Hot Ham & Cheese, Sunchips, Carrot Sticks/low calorie ranch dressing, Apple Slices ALTERNATE: Tuna Salad/WG Bun NO CHEF SALADS TODAY	5/ BREAKFAST: Mini Donuts LUNCH: Breaded Chicken Nuggets, WG Cookie, Green Beans, Applesauce ALTERNATE: Cold Ham & Cheese: Turkey Chef Salad MS/HS & Staff	6/ BREAKFAST: Breakfast Pizza LUNCH: Spaghetti/Meat Sauce, Garlic Toast, Romaine/Dressing, Diced Peaches ALTERNATE: Turkey & Swiss/WG Bun NO CHEF SALADS TODAY	7/ BREAKFAST: Fruit Frudel LUNCH: Breaded Pork Tenderloin/WG Bun, Baked Beans, Celery Sticks/low calorie ranch, Diced Peaches ALTERNATE: Chicken Salad/Croissant: Diced Ham Chef Salad MS/HS & Staff	8/ BREAKFAST: Egg, Ham, Cheese on English Muffin LUNCH: Chicken Quesadilla, Salsa, Corn, Mixed Fruit ALTERNATE: Turkey, Ham, Cheese Sub Chicken & Bacon Chef Salad MS/HS & Staff	9/
	11/ NO SCHOOL	12/ BREAKFAST: Pancake, Sausage on a Stick LUNCH: Walking Taco, Shredded Lettuce, Diced Tomatoes, Cheese, Banana ALTERNATE: Tuna Salad/WG Bun NO CHEF SALADS TODAY	13/ BREAKFAST: Cinnamon Roll LUNCH: Turkey in Gravy over Mashed Potatoes, Green Beans, Dinner Roll, Diced Peaches ALTERNATE: Italian Sub/WG Bun NO CHEF SALADS TODAY	14/ BREAKFAST: Yogurt Parfait/Granola LUNCH: Bratwurst/WG Bun, Baked Beans, Fresh Broccoli/low calorie ranch dressing, Orange ALTERNATE: Turkey Wrap: Taco Chef Salad MS/HS & Staff	15/ BREAKFAST: Chicken, Cheese Biscuit Sandwich LUNCH: Crispito, Cheese Sauce, Shredded Romaine, Fresh Fruit Mix, WG Cookie ALTERNATE: Cold Ham/WG Bun: Turkey & Ham Chef Salad MS/HS & Staff	16/
17/	18/ BREAKFAST: Bagel/Cream Cheese LUNCH: Hamburger/Bun, Mixed Vegetables, Applesauce ALTERNATE: Cold Ham/Bun NO CHEF SALADS TODAY	19/ BREAKFAST: Pancakes/low calorie syrup LUNCH: Breaded Corn Dog, Baked Beans, Fresh Cauliflower/low calorie ranch, Banana ALTERNATE: Turkey Wrap: BLT Chef Salad MS/HS & Staff	20/ BREAKFAST: Pizza Boat LUNCH: Breaded Pork Chop, AuGratin Potatoes, Green Beans, Dinner Roll, Diced Peaches ALTERNATE: Vegetable Egg Roll NO CHEF SALADS TODAY	21/ BREAKFAST: Mini Cinni LUNCH: BBQ Pork Rib/WG Bun, Coleslaw, Fresh Carrots/low calorie ranch, Diced Peaches ALTERNATE: Chicken Salad/WG Croissant: Grilled Chicken Chef Salad MS/HS & Staff	22/ BREAKFAST: Breakfast Burrito LUNCH: Pizza Crunchers, Marinara, Fresh Broccoli/low calorie ranch dressing, Pineapple Tidbits, Sherbet ALTERNATE: Turkey, Ham, Cheese Sub: Diced Ham Chef Salad MS/HS & Staff	23/
24/	25/ BREAKFAST: Poptart LUNCH: Breaded Chicken Patty/WG Bun, Steamed Carrots, Celery Sticks/low calorie ranch dressing, Mixed Fruit ALTERNATE: Egg Salad/WG Bun NO CHEF SALADS TODAY	26/ BREAKFAST: French Toast Sticks/low calorie syrup LUNCH: Super Nacho, Taco Meat, Torilla Chips, Shredded Lettuce, Apple, WG Cookie ALTERNATE: Tuna Salad/WG Bun NO CHEF SALADS TODAY	27/ BREAKFAST: Snack Bread LUNCH: Breaded Chicken Strips, Mashed Potatoes, Gravy, Green Beans, Diced Peaches, Bread & Butter ALTERNATE: Cold Ham/WG Bun NO CHEF SALADS TODAY	28/ BREAKFAST: Breakfast Bar LUNCH: Beef Hot Dog/WG Bun, Baked Beans, Fresh Carrots/low calorie ranch, Orange ALTERNATE: Cold Turkey/WG Bun: Italian Chicken Chef Salad MS/HS & Staff	29/ BREAKFAST: Cheese Omelet/Toast LUNCH: Pizza, Marinara, Fresh Broccoli/low calorie ranch, Pineapple Tidbits ALTERNATE: Chicken Salad/WG Croissant: Turkey Chef Salad MS/HS & Staff	

EXTRA BREAKFAST options include cereal variety, oatmeal, toast, applesauce, orange, orange juice, apple juice, grape juice & other 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 lettuce, variety of vegetables, eggs, cheese and meat choice of cooks.