

OCTOBER 2017

ALTERNATIVE EDUCATION

MONDAY

Chicken Nuggets/Roll **2**

Sweet Potato Fries

Green Beans

Fruit Cup

2

TUESDAY

BBQ Beef Rib on a Bun **3**

Broccoli

Baked Beans

Apple/Fruit Cup

3

WEDNESDAY

Pepperoni OR Garlic Pizza **4**

Romaine Salad/Veggies

Assorted Fruit

4

THURSDAY

Roast Turkey/Roll **5**

Rice w/Gravy

Carrots

Banana/Fruit Cup

5

FRIDAY

Oriental Chicken **6**

Vegetable Egg Roll

Noodles

Juice Cup/Fruit Cup

Chilled Pears

6

9

Columbus Day

No School

Specialty Burger on a Bun **10**

Lettuce/Tomato/Cheese

Corn

Assorted Fruit

10

Cheese OR Garlic Pizza **11**

Carrot Sticks/Dip

Assorted Fruit

11

Baked Ham Slice **12**

Mashed Potato

Baked Beans/Corn Muffin

Apple or Orange

12

Macaroni and Cheese **13**

Carrots (Cooked)

Whole Grain Roll

Assorted Fruit

13

16

French Toast Sticks

Breakfast Sausage

Hash Brown

Baked Apple Slices

Taco (Hard or Soft) **17**

Lettuce, Tomato, Cheese

Refried Beans

Chilled Pears/Apple

17

Pepperoni OR Garlic Pizza **18**

Broccoli

Assorted Fruit

18

Fish on a Bun **19**

Corn

Tator Tots

Assorted Fruit/Grapes

19

Superintendent's Day **20**

NO SCHOOL

20

23

Chicken Fajita/Cheese

Peppers, Onions,
Salsa)

Refried Beans/Corn

Applesauce/Fruit Cup

Deli Choice **24**

Assorted Cold Cuts

Lettuce, Tomato, Cheese

Tortilla Chips & Salsa

Fruit Cup/Banana

24

Cheese OR Garlic Pizza **25**

Rainbow Raw Veggies

Assorted Fruit

25

Meatball Tunnel **26**

Green Beans

Tomato/Cucumber Salad
Apple/ Fruit Cup

26

Toasted Cheese **27**

Tater Tots

Creamy Coleslaw

Fruit Cup

27

30

Hot Dog on a Bun
Steamed Carrots

Baked Beans

Strawberry Cup/Fruit

Homemade Spaghetti **31**

with Meat Sauce

Romaine Tossed Salad

WG Roll & Butter

Orange/Fruit Cup

31

DID YOU KNOW?

More US presidents have been born in October than in any other month.

A La Carte

K-8

Cheese or Garlic Pizza

6oz Yogurt with String

Cheese and Roll

PB&J Sandwich on

Whole Grain Bread

9-12

Cheese or Garlic Pizza

Asst Deli Sandwich on

Whole Grain Bread

Asst Salad with Whole

Grain Roll

Chicken Patty on a WG

Bun

Hamburger on W/G Bun

School News

Oct. 9th

Columbus Day –No

School

Oct. 20th

Superintendent's Day,

NO SCHOOL

Meal Prices K-6 7-12

Breakfast \$0.90 \$0.90

Lunch \$1.80 \$1.80

*Menu subject to change