



## October 3 - 7

**M**  
03

- Chicken Patty/ WW Bun
- Beans
- Fresh Fruit
- Skim Milk 1% / Flavored Milk 1%

**T**  
04

- Pasta & meat sauce
- Dinner roll
- Veggies & Fresh fruit
- Skim Milk 1% / Flavored Milk 1%

**W**  
05

No School

**T**  
06

- Burger Slider & Roll
- Green Beans
- Fresh fruit
- Skim Milk 1% / Flavored Milk 1%

**F**  
07

- Pizza
- Green Salad
- Fruit snack
- Skim Milk 1% / Flavored Milk 1%





## October 10 - 14

**M**  
10

- Corn Dog
- Beans
- Fresh Fruit
- Skim Milk 1% / Flavored Milk 1%

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**T**  
11

- Spaghetti bolognese
- Dinner roll
- Carrots & Fresh fruit
- Skim Milk 1% / Flavored Milk 1%

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**W**  
12

- Chicken tenders
- Wild rice & plantains
- Fresh fruit
- Skim Milk 1% / Flavored Milk 1%

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**T**  
13

- Mac & Cheese
- Mixed vegetables
- Fresh fruit
- Skim Milk 1% / Flavored Milk 1%

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**F**  
14

- Pizza
- Green Salad
- Fruit snack
- Skim Milk 1% / Flavored Milk 1%





## October 17 - 21

**M**  
17

- Hot Dog & bun
- Beans
- Fresh Fruit
- Skim Milk 1% / Flavored Milk 1%

**T**  
18

- Beefaroni
- Dinner roll
- Carrots & Fresh fruit
- Skim Milk 1% / Flavored Milk 1%

**W**  
19

- Boneless wings
- Mashed Potatoes
- Fresh fruit
- Skim Milk 1% / Flavored Milk 1%

**T**  
20

- Burger & WW Bun
- Vegetables
- Fresh fruit
- Skim Milk 1% / Flavored Milk 1%

**F**  
21

- Pizza
- Green Salad
- Fruit snack
- Skim Milk 1% / Flavored Milk 1%





## October 24 - 28

- M**  
24
- Chicken Patty/ WW Bun
  - Beans
  - Fresh Fruit
  - Skim Milk 1% / Flavored Milk 1%
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- T**  
25
- Pasta & meat sauce
  - Dinner roll
  - Veggies & Fresh fruit
  - Skim Milk 1% / Flavored Milk 1%
- 

- W**  
26
- Chicken Nuggets
  - Mashed Potatoes & corn
  - Fresh fruit
  - Skim Milk 1% / Flavored Milk 1%
- 

- T**  
27
- Burger Slider & Roll
  - Green Beans
  - Fresh fruit
  - Skim Milk 1% / Flavored Milk 1%
- 

- F**  
28
- Pizza
  - Green Salad
  - Fruit snack
  - Skim Milk 1% / Flavored Milk 1%

