

October

	Cereal Fruit/ Juice Choice of Milk	Pop Tart Fruit/ Juice Choice of Milk	Chocolate Muffin Fruit/ Juice Choice of Milk	Nutri Grain Bar/ Fruit Juice/ Choice of Milk	Cereal Fruit Juice/ Choice of Milk	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				1 Beef Nachos Cheese Sauce Lettuce/ Salsa Refried Beans Steamed Corn Fruit/ Choice of Milk	2 Buffalo Chicken Wrap Lettuce/Tomato Cheese Chips & Salsa Fruit Choice of Milk	3
4	5 Chicken Fajita Wrap Lettuce/ Salsa Cheese/ Carrots Ranch/ Chips & Salsa Fruit & Choice of Milk	6 Beef Taco Salad Lettuce/ Salsa Cheese Steamed Corn Taco Sauce/ Fruit Choice of Milk	7 Cheese Pizza Garden Salad Carrots & Ranch Fruit Choice of Milk	8 Pan Cakes or Waffle Sticks Sausage Patty Sliced Tomato Tater Tots Fruit Choice of milk	9 Hamburger Cheese/ Lettuce Tomato/ Pickle Baked Beans Fries Fruit & Choice of Milk	10
11	12 Chicken Fingers Creamed Potatoes Green Beans Roll/ Fruit Choice of Milk	13 Turkey/ Cheese Sub Lettuce/ Tomato Chips & Salsa Carrots & Ranch Fruit Choice of Milk	14 Cheese Sticks Marinara Sauce Steamed Corn Steamed Broccoli Fruit Choice of Milk	15 Spaghetti & Meat Sauce Corn Nuggets Garden Salad Ranch Dressing Garlic Bread/ Fruit Choice of Milk	16 Corn Dog Baked Beans Fries Fruit Choice of Milk	17
18	19 Grilled Chicken Wrap Lettuce/ Cheese Tomato Chips & Salsa Fruit/ Choice of Milk	20 Chicken Alfredo W/Broccoli Glazed Carrots Garlic Roll Cookie/ Fruit/ Choice of Milk	21 Ham & Cheese Sub Lettuce/Tomato Chips & Salsa Carrots & Ranch Fruit & Choice of Milk	22 Chicken Pot Pie Green Beans Corn Nuggets Roll/ Fruit Choice of Milk	23 BBQ Pork Sandwich Baked Beans Potato Wedges Cole Slaw Fruit/ Choice of Milk	24
25	26 Chicken Nuggets Candied Yams Black eyed Peas Corn Bread Fruit/ Choice of Milk	27 Cheese Pizza Steamed Corn Steamed Broccoli Fruit Choice of Milk	28 Beef Nachos Cheese Sauce Lettuce/ Salsa Chili Beans Fruit/ Choice of Milk	29 Beef Ghoulish Steamed Corn Pinto Beans Roll Fruit/ Choice of Milk	30 Mummy Dog Baked Beans Fries Fruit/ Choice of Milk	31

*This institution is
an equal
opportunity
provider*

MEAL COST
 Students: \$3.00 w/milk (all other drinks extra)
 Faculty/Staff: \$3.75 (includes tea or milk)
 Visitor: \$4.00 (includes tea or milk)
 Extra Entrée: \$1.00/Extra Veggie-Salad-Fruit: \$.75
 Frozen Fountain Drink: \$1.00 per cup - Bottled drinks: \$.50-\$1.50

2020