



October

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>2 Lasagna Rollup and Breadstick Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Chicken Noodle</i></p> | <p>3 Meatloaf & Mashed Potatoes WG Dinner Roll Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR</p> | <p>4 Turkey, Gravy & Dressing Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Cream of Potato</i></p> | <p>5 Walking Taco Refried Beans Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR</p> | <p>6 Chicken Parmesan Sandwich Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Tomato</i></p> |
| <p>9 NO School</p> | <p>10 Chicken Nuggets Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR</p> | <p>11 Cheese Pizza Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Cream of Potato</i></p> | <p>12 Chicken Quesadilla Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR</p> | <p>13 Hamburger with Fixings Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Tomato</i></p> |
| <p>16 Hot Dog Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Chicken Noodle</i></p> | <p>17 Pasta with Meat Sauce Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR</p> | <p>18 NO School</p> | <p>19 NO School</p> | <p>20 NO School</p> |
| <p>23 French Toast Sticks Sausage Patty Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Chicken Noodle</i></p> | <p>24 Grilled Chicken Sandwich Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR</p> | <p>25 Sausage & Egg Breakfast Sandwich Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Cream of Potato</i></p> | <p>26 Breaded Chicken Zoo Animals Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR</p> | <p>27 Sub on a Bun Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Tomato</i></p> |
| <p>30 Cereal Bowl, Yogurt & Cheese Stick Vegetable & Fruit Choices <i>Or</i> SALAD BAR <i>Salad Bar Soup: Chicken Noodle</i></p> | <p>31 Meatballs in Gravy WG Dinner Roll Vegetable Choices Fruit Choices <i>Or</i> SALAD BAR</p> |  |  | <p>This institution is an equal opportunity provider.</p> |

Students learn to make healthy choices in “offer vs. serve” program. Five food groups are offered with the daily menu, students select a minimum of three food groups, but can choose all five offerings.

Lunch Prices
Preschool-5th Grade: \$2.80
Middle School: \$2.90
Adult: \$3.80 Milk: \$0.55

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