



**SALAD BAR SERVED DAILY. CHOICE OF MILK: SKIM, 1%, NF CHOCOLATE, STRAWBERRY.**



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

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-----FALL BREAK-----

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11

HAMBURGER, BUN, FRENCH FRIES, PEAS, LETTUCE, TOMATO PICKLES  
OR  
HOT DOG, BUN, SWEET POTATO FRIES, BAKED BEANS

12

CHEESY BITES, GREEN BEANS, MARINARA SAUCE, TOSSED SALAD  
OR  
MEATBALLS, BUN, MARINARA SAUCE, GREEN BEANS, CHIPS

15

CHICKEN NUGGETS, MAC & CHEESE, BROCCOLI, ROLL  
OR  
TURKEY/CHEESE WRAP, LETTUCE, TOMATO, CARROTS

16

CHILI, TATER TOTS, CORN CHIPS,  
OR  
BAKED POTATO BAR/FIXINGS

17

CHICKEN TENDERS, RICE, CARROTS, ROLL  
OR  
CHEESY GARLIC FLAT BREAD, CORN, TOSSED SALAD

18

STEAK & GRAVY, MASHED POTATOES, PEAS, ROLL  
OR  
HAM/CHEESE, BUN, LETTUCE, RAISELS, STRAWBERRIES

19

PEPPERONI OR CHEESE PIZZA, CORN, TOSSED SALAD  
OR  
FISH, CORN MUFFIN, PINTO BEANS, TARTAR SAUCE

22

SPAGHETTI, GREEN BEANS, GARLIC TOAST, TOSSED SALAD  
OR  
TURKEY/CHEESE, BUN, LETTUCE, TOMATO, CARROTS, TEDDY GRAHAM

23

GENERAL TSO CHOW MEIN NOODLE BOWL, EGG ROLL, FORTUNE COOKIE  
OR  
BAKED POTATO BAR/FIXINGS

24

SEASONED TACO BEEF, TORTILLA SHELL, MEXICAN RICE, BLACK BEANS & CORN, SALSA LETTUCE, TOMATO, SOUR CREAM  
OR  
PBJ UNCRUSTABLE

25

MINI CORN DOGS, BROCCOLI, SCALLOPED POTATOES  
OR  
PHILLY STEAK & CHEESE PINWHEEL,

26

CHEESY BITES, GREEN BEANS, MARINARA SAUCE, TOSSED SALAD  
OR  
GRILLED CHICKEN, BUN, CORN, FRENCH FRIES

29

CHICKEN SMACKERS, TATER TOTS, ISLAND BLEND VEG ROLL  
OR  
HAM/CHEESE WRAP, LETTUCE, TOMATO, CHIPS

30

STEAK & GRAVY, MASHED POTATOES, PEAS, ROLL  
OR  
PBJ UNCRUSTABLE, STRING CHEESE RAISELS, CARROTS

31

CHICKEN PATTY REG & HOT & SPICY, BUN, SWEET POTATO WEDGES, GREEN BEANS, LETTUCE, TOMATO  
OR  
TURKEY/CHEESE, BUN,



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