

Monday	Tuesday	Wednesday	Thursday	Friday
	WG Nacho Chips 1 Seasoned Beef Cheddar Cheese Sauce Brown Rice Refried Beans 100% Juice	WG Rotini Pasta 2 Meatballs Marinara or Alfredo Sauce Cauliflower Diced Pears	Popcorn Chicken 3 Mashed Potatoes Corn Gravy Fresh Berry Cups	Assorted Homemade 4 Pizza Crisp Romaine Salad Grape Tomatoes Frozen Strawberries with Whipped Topping
Meatless Monday 7 Mozzarella Sticks Marinara Sauce Garlic & Herb WG Breadstick Seasoned Broccoli Fruit Cocktail	Hamburger or Cheeseburger 8 On WW Bun Baked Beans Grapes	WG Penne Pasta 9 Meatballs Marinara or Cheddar Cheese Sauce Green Beans Orange Wedges	French Toast Sticks 10 Hash Brown Chicken Sausage or Chicken Bacon Egg Patty 100% Juice	Assorted Homemade 11 Pizza Crisp Romaine Salad Grape Tomatoes Apples
Columbus Day 14 No School	WG Nacho Chips 15 Seasoned Beef Cheddar Cheese Sauce Brown Rice Refried Beans 100% Juice	WG Rotini Pasta 16 Meatballs Marinara or Alfredo Sauce Broccoli Diced Pears	Chicken Tenders 17 Tater Tots WW Dinner Roll Cantaloupe & Honeydew	Assorted Homemade 18 Pizza Crisp Romaine Salad Grape Tomatoes Frozen Strawberries with Whipped Topping
Meatless Monday 21 Cheese Bites Crisp Romaine Salad Canned Pineapple	WG Penne Pasta 22 Meatballs Marinara or Cheddar Cheese Sauce Green Beans Apples	Early Release 23 Hamburger or Cheeseburger On WW Bun Baked Beans Watermelon Slices	Early Release 24 Chicken Patty on WW Bun Oven Fries 100% Juice	Assorted Homemade 25 Pizza Crisp Romaine Salad Grape Tomatoes Apples
Meatless Monday 28 Toasted Cheese Sandwich Creamy Tomato Soup Seasoned Broccoli Applesauce	WG Nacho Chips 29 Seasoned Beef Cheddar Cheese Sauce Brown Rice Refried Beans 100% Juice	WG Rotini Pasta 30 Meatballs Marinara or Alfredo Sauce Broccoli Diced Pears	Mummy Dogs 31 Tasty Tater Toes Rattling Roll Ghoulish Green Beans Scary Strawberries	

- All meals include a minimum of 2 oz protein, 2 oz whole grains, 1 Cup fruit, 1 Cup vegetable, and 8 fl oz fat-free flavored milk or 1% unflavored milk
- Available daily: PB&J, PB&Fruit, Deli Sandwiches, Bone Builder Yogurt Plate, or Munchables
- Menu subject to change as needed without notice.
- Applications for free and reduced meals can be submitted at any time during the school year!
- WG=Whole Grain, WW=Whole Wheat
- This institution is an equal opportunity provider

