



For Nutritional Information,
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October 2019 Café Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Eggs, sausage Grits, biscuits and gravy Oatmeal Pancake Stacked Delights	2 Meatball Hoagie Corn Chips Glazed Carrots Coconut Cake	3 Corn Dogs Tater Tots Snow Peas Beef Stew Bread Pudding	4 Salisbury Steak w/gravy Mashed Potatoes Lima Beans Rolls Ice Cream
7 Hamburgers Chips Roasted Cauliflower Potato Soup Popsicles	8 Poppy Seed Casserole White Rice Turnip Greens Corn Muffins Assorted Cookies	9 Chicken Patty Sandwiches Mac and Cheese Chicken and Rice Strawberry Shortcake	10 Ravioli Caesar Salad Bread Sticks Cheese Cake	11 Chicken Stir Fry Fried Rice Egg Rolls Egg Drop Soup Ice Cream
14 Columbus Day	15 BBQ Sandwiches Baked Potato Bar Baked Beans Camp Stew w/cornbread Popsicles	16 Chicken Fingers Potato Wedges Peas and Carrots Krispy Flapjack Treats	17 Spaghetti w/mushrooms and onions House Salad Bread Sticks Chicken and Rice Ice Cream	18 Homecoming 
21 Sloppy Joes FF Black eyed peas Vegetable Beef Popsicles	22 Nachos w/fixings Mexican Rice Refried Beans Churros	23 Turkey Melts Chips Steamed Broccoli Chili Chocolate Pound Cake	24 Baked Ziti Green Salad Bread Sticks Oreo Pudding	25 Country Fried Steak Rice/w gravy Squash Casserole Chicken Lasagna Soup Ice Cream
28 Cheese Pizza Fresh Steamed Broccoli Pasta w/marinara Popsicles	29 Chicken Fajitas Confetti Rice Black Beans Chicken Noodle Pretzel w/cheese	30 Lasagna House Salad Bread Sticks Peach Cobbler	31 Grilled Cheese Chips Steamed Veggies Tomato Basil Fall Cake	