

October 2020

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
				1 "MJDS" Pasta, salad, fresh fruit, and dessert	2 Pizza Bagels, Caesar salad, fresh fruit, and dessert	3
4	5 Fish Sticks, Tater Tots, Peas, Fresh Fruit, and Dessert	6 Grilled Cheese sandwich, tomato soup, vegetables, fresh fruit, and dessert	7 Turkey sub sandwich, lettuce, tomato, mayo, potato chips, fresh fruit, and dessert	8 Pasta with alfredo or marinara sauce, breadstick, broccoli, fresh fruit, and dessert	9 Cheese pizza, salad, fresh fruit, and dessert	10
11	12 Tacos, vegetarian taco meat, cheese, (lettuce, tomato, salsa, and sour cream on the side)refried beans,	13 Cheesy garlic bread, oodles of noodles soup, vegetables, fresh fruit, and dessert	14 Chicken nuggets, french fries, vegetables, fresh fruit, and dessert	15 Waffle sticks, vanilla and strawberry yogurt, granola, fresh fruit, and dessert	16 No School	17
18	19 Morningstar veggie cheeseburger, french fries, fresh fruit, and dessert	20 Baked potato (cheese and sour cream on the side) vegetarian chili, fresh fruit, and dessert	21 Hot Dog, french fries, pickles, carrots, fresh fruit, and dessert	22 Macaroni and Cheese, peas, fresh fruit, and dessert	23 Pizza Bagels, Caesar salad, fresh fruit, and dessert	24
25	26 Pasta with alfredo or marinara sauce, breadstick, broccoli, fresh fruit, and dessert	27 Cheese quesadillas, (sour cream and salsa on the side) alphabet soup, fresh fruit and dessert	28 Saucy meatball sliders, tater tots, vegetables, fresh fruit, and dessert	29 Pancakes, morningstar breakfast sausages, fresh fruit, and dessert	30 Cheese pizza, salad, fresh fruit, and dessert	31