## **OCTOBER**











K-12

Menus subject to change due to unforeseen circumstances Check our Facebook page or Website for any changes.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Wow EZ Jammer Sandwich (Elem only) or Chicken Fresh Broccoli w/Ranch Sweet Glazed Carrots Fruit & Milk Choices	2	Yogurt Parfait or BBQ Sandwich White Beans Turnip Greens (6-12) Farmers Market Cookie Fruit & Milk Choices	3	Cheesy Grilled Cheese or Cheeseburger Mac & Cheese Green Beans Fresh Cucumber w/Ranch (6-12) Breadstick (6-12) Fruit & Milk Choices	4	Turkey & Cheddar Lunchable (Elem Only) Pizza Choices Corn Marinara Cup Fruit & Milk Choices	5	Turkey Sandwich or Scrambled Eggs, Biscuit Chicken Sausage Tater Tots Sliced Tomatoes (6-12) Fruit & Milk choices	6
	9		10		11		12		13
				FALL BREA	K				
WOW EZ Jammer Sandwich (Elem Only) or Chicken & Waffle Mashed Potatoes w/Gravy Green Peas (6-12) Fruit & Milk Choices	16	Yogurt Parfait or Hamburger or Cheeseburger French Fries Green Beans Fruit & Milk Choices	17	Cheesy Grilled Cheese or Mini Corn Dogs Broccoli & Cheese Corn on the Cob (6-12)	18	Turkey & Cheddar Lunchable (Elem Only) Pizza Choices Corn Marinara Cup Fruit & Milk Choices	19	Turkey Sandwich or Breaded Chicken Sandwich Baked Beans Steamed Carrots Fruit & Milk Choices	20
Wow EZ Jammer Sandwich (Elem only) or Mandarin Orange Chicken & Rice Steamed Carrots Fresh Broccoli w/Ranch (6-12) Fruit & Milk Choices	23	Yogurt Parfait or Totally Taco Meat w/Chips Pinto Beans Dragon Fruit Punch (6-12) Shredded Lettuce , Salsa (6-12) Fruit & Milk Choices	24	Cheesy Grilled Cheese Vegetable Beef Soup Baked Potato w/fixings Fresh Broccoli w/ranch Fruit & Milk Choices	25	Turkey & Cheddar Lunchable (Elem Only) Pizza Choices Corn Marinara Cup Fruit & Milk Choices	26	Turkey Sandwich or Meatball Sub French Fries Green Beans Fruit & Milk Choices	27
Wow EZ Jammer Sandwich (Elem Only) Or Chicken Steamed Broccoli Baked Beans Fruit & Milk Choices	30	Yogurt Parfait or Hot Dog Vegetarian Chili Celery Sticks w/Ranch EEK Sidekick Milk Choices	31						

