

Monday, October 16

Breakfast

Mini Blueberry Waffles or
Cherry Apple Breakfast Bar
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Grilled Cheese Sandwich
Green Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 29.1g Carbs: 85.4g
Calories: 569 Total fat 14.4g

Tuesday, October 17

Breakfast

Sausage & Egg Burrito or
Strawberry or Raspberry Dunkers
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Chipotle Sloppy Joe
Kernel Corn
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 35.3g Carbs: 85.0g
Calories: 635 Total fat 15.6g

Wednesday, October 18

Breakfast

Ham & Egg Combo Bar
(Contains Pork) or
Strawberry Yogurt Parfait
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Mini Pepperoni & Cheese
Calzones
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 30.0g Carbs: 95.6g
Calories: 638 Total fat 15.8g

Thursday, October 19

Breakfast

Sausage & Cheese Biscuit or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Turkey Gravy, Dinner Roll
Mashed Potatoes
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 32.7g Carbs: 88.4g
Calories: 619 Total fat 15.2g

Friday, October 20

No School

**HAVE FUN
AND STAY
SAFE!
AND WHATEVER
YOU DO,
DON'T WAKE
FUNKY FRANK'S
COSTUME!**



Monday, October 23

Breakfast

Mini Maple Waffles or
Cherry Apple Breakfast Bar
Fruit & Juice
Non-Fat or 1% White Milk

**No Lunch Served
Conference Week!**



Tuesday, October 24

Breakfast

Sausage Breakfast Pizza or
Strawberry or Raspberry Dunkers
Fruit & Juice
Non-Fat or 1% White Milk

**No Lunch Served
Conference Week!**



Wednesday, October 25

Breakfast

Sausage, Egg & Cheese Pocket
or Cream Cheese Bagel Bar
Fruit & Juice
Non-Fat or 1% White Milk

**No Lunch Served
Conference Week!**



Thursday, October 26

Breakfast

Ham, Egg & Cheese Muffin or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

**No Lunch Served
Conference Week!**



Friday, October 27

Breakfast

Pancake on a Stick or
Mini Cinnamon Rolls
Fruit & Juice
Non-Fat or 1% White Milk

**No Lunch Served
Conference Week!**



Monday, October 30

Breakfast

Mini Blueberry Waffles or
Cherry Apple Breakfast Bar
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Personal Pepperoni Pizza
Green Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 26.1g Carbs: 89.4g
Calories: 559 Total fat 12.4g

Tuesday, October 31

Breakfast

Sausage & Egg Burrito or
Strawberry or Raspberry Dunkers
Fruit & Juice
Non-Fat or 1% White Milk

Happy Halloween!

Batty Chicken Nuggets
Ghostly Baked French Fries
Haunted Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Protein: 27.5g Carbs: 98.7g
Calories: 620 Total fat 15.3g



**The current
record
for
the
world's
heaviest
pumpkin is
2702
pounds!**