

Monday, October 14

Breakfast

Mini Cinnamon Rolls or
Yogurt w/ Granola
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Cheesy Twist Bread Stick
w/ Tomato Soup
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Tuesday, October 15

Breakfast

Mini Pancakes or
Blueberry Parfait
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Bean & Cheese Burrito
w/ Refried Beans
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Wednesday, October 16

Breakfast

Egg & Cheese Muffin
Or Banana Bread
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

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

Thursday, October 17

Breakfast

Sausage & Egg Burrito or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

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

Friday, October 18

**STAY
ALERT
& BE
SAFE!**



**YOU NEVER
KNOW WHAT
YOU MIGHT
RUN INTO
OUT THERE!**

Monday, October 21

Breakfast

Muffin or
Yogurt w/ Granola
Fruit & Juice
Non-Fat or 1% White Milk

**No Lunch Served
Conference Week!**



Tuesday, October 22

Breakfast

Pancake on a Stick or
Strawberry Parfait
Fruit & Juice
Non-Fat or 1% White Milk

**No Lunch Served
Conference Week!**



Wednesday, October 23

Breakfast

Sausage & Cheese Biscuit or
Pumpkin Bread
Fruit & Juice
Non-Fat or 1% White Milk

**No Lunch Served
Conference Week!**



Thursday, October 24

Breakfast

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

**No Lunch Served
Conference Week!**



Friday, October 25

Breakfast

Freshly Baked Cinnamon Roll
or Mini Waffles
Fruit & Juice
Non-Fat or 1% White Milk

**No Lunch Served
Conference Week!**



Monday, October 28

Breakfast

Muffin or
Yogurt w/ Granola
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

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

Tuesday, October 29

Breakfast

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

Lunch

White Chicken Chili
w/ Cornbread
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Wednesday, October 30

Breakfast

Croissant Breakfast Sandwich
or Cream Cheese Bagel Bar
Fruit & Juice
Non-Fat or 1% White Milk

Lunch

Crispy Chicken Egg Roll
w/ Fried Rice
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk

Thursday, October 31

Breakfast

Sausage Breakfast Pizza
(Contains Pork) or
Breakfast Cereal
Fruit & Juice
Non-Fat or 1% White Milk

Happy Halloween!

Scary Chicken Nuggets w/
Spooky French Fries
Fresh Fruit & Veggie Bar
1% White or Non-Fat Chocolate/White Milk



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