

NOTES

Wellness Tip: Pumpkins are high in fiber and vitamin A which is good for your eyes. They're full of antioxidants that fight sickness. Pumpkins are 90% water. You can roast pumpkin seeds for a healthy snack. October 27th is National Pumpkin Day. Join us for Pumpkin Spice Chicken & Waffle Sandwich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATES THAT RATE: 10/1-VEGETARIAN DAY 10/2 YOM KIPPUR 10/17-ACE'S TRAY DAY 10/20- DIWALI 10/27-PUMPKIN DAY 10/31- EARLY DISMISSAL		World Vegetarian Day ¹ Cheese Pizza Broccoli Ranch Pizza Cheese Quesadilla PB & J Pack Italian Salad Veggie Wrap Farm Fresh Apple Baby Carrots	² Yom Kippur School Is Closed	³ Pasta w Meatballs Cheese Quesadilla PB & J Pack Italian Salad Veggie Wrap Applesauce Roasted Broccoli
⁶ Chicken Sausage Pancake Bites w Tots Trix French Toast BYO Pizza Bagel PB & J Pack Taco Salad Fresh Orange Slices Cherry Tomatoes	⁷ Walking Nachos Trix French Toast BYO Pizza Bagel PB & J Pack Taco Salad Pineapple Tidbits Mexi-Corn	⁸ Cheese Pizza Pepperoni Pizza Trix French Toast BYO Pizza Bagel PB & J Pack Taco Salad Farm Fresh Apple Baby Carrots	⁹ Pepper Jack Burger Trix French Toast BYO Pizza Bagel PB & J Pack Taco Salad Craisins Crisp Celery Sticks	¹⁰ Chicken Tenders Trix French Toast BYO Bagel PB & J Pack Taco Salad Applesauce Mixed Veggies
¹³ Pancakes w Bacon Corn Dog Nuggets PB & J Pack Pretzel & Yogurt Meal Chicken-Jack Sub Fresh Orange Slices Crisp Cucumbers	¹⁴ Chicken & Cheese or Bean & Cheese Burrito Corn Dog Nuggets PB & J Pack Pretzel & Yogurt Meal Chicken-Jack Sub Pineapple Tidbits Campfire Beans	¹⁵ Cheese Pizza Pizza w Sausage Corn Dog Nuggets PB & J Pack Pretzel & Yogurt Meal Chicken-Jack Sub Farm Fresh Apple Baby Carrots	¹⁶ Chicken Nuggets Corn Dog Nuggets PB & J Pack Pretzel & Yogurt Meal Chicken-Jack Sub Craisins Crisp Celery Sticks	¹⁷ ACE'S TRAY DAY Hot Dog on a Bun Corn Dog Nuggets PB & J Pack Pretzel & Yogurt Meal Chicken-Jack Sub Applesauce Steamed Broccoli
²⁰ Diwali School Is Closed	²¹ TACO TUESDAY Mac N' Cheese Baja Chicken Salad PB & J Pack Cheese Sandwich Fresh Orange Slices Cucumber Tomato Salad	²² Cheese Pizza Meatball Pizza Mac N' Cheese Baja Chicken Salad PB & J Pack Cheese Sandwich Farm Fresh Apple Baby Carrots	²³ Fiery-Cheetos Mac N Cheese Mac N' Cheese Baja Chicken Salad PB & J Pack Cheese Sandwich Craisins Crisp Celery Sticks	²⁴ Chicken Patty Sandwich Mac N' Cheese Baja Chicken Salad PB & J Pack Cheese Sandwich Applesauce Roasted Mixed Veggies
²⁷ National Pumpkin Day Pumpkin Spice Chicken & Waffle Sandwich Pizza Dippers Churro Pack PB & J Pack Buffalo Chicken Dip Fresh Orange Slices Cherry Tomatoes	²⁸ Potato Wedge Nachos Pizza Dippers Churro Pack PB & J Pack Buffalo Chicken Dip Pineapple Tidbits Steamed Corn	²⁹ Cheese Pizza Meat Lovers Pizza Pizza Dippers Churro Pack PB & J Pack Buffalo Chicken Dip Farm Fresh Apple Baby Carrots	³⁰ Buffalo Dippers Pizza Dippers Churro Pack PB & J Pack Buffalo Chicken Dip Craisins Crisp Celery Sticks	³¹ Early Dismissal No Lunch Is Served