

# October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg cheese sandwich/Chocolate mini donut, Juice, Milk, Fruit Flatbread grill cheese/Yogurt, Tossed salad/dressing, Peaches, Milk Side Potato	3 Biscuit & gravy/PB&J, Juice, Milk, Fruit Nacho your beef nacho, Cheesy Refried bean, Lettuce/tomato, Salsa, Sidekick, Milk Side Salad	4 French toast/ Poptart, Juice, Milk, Fruit Egg roll w/brown rice, String cheese, Cauliflower broccoli carrots, Assorted Fruit, Ice cream, Milk Side Potato	5 Yogurt parfait/Apple frudel, Juice, Milk, Fruit Frito Pie, Shredded, lettuce, tomato, salsa, Fresh fruit, Glazed cinnamon roll, Milk Side Salad	6 Biscuit & sausage/Super donut, Juice, Fruit, Milk Student favorite Chicken sandwich/lettuce tomato, pickle, onion, French fries w/ketchup, Fresh fruit, Milk Side Hamburger
9 Columbus day Blueberry muffin/Waffles, Juice, Milk, Fruit Beefy beef fingers, Creamy mashed potatoes w/brown gravy, Sweet peas, Assorted fresh fruit/Milk Side Salad	10 Biscuit & gravy/ PB&J, Juice, Milk, Fruit Fair style corn dog/Bodacious baked bean, Satisfying tater tot w/ketchup, Peaches, Milk Side Potato	11 Breakfast pizza/Poptart, Juice, Milk, Fruit Chicken strips/Homemade macaroni&cheese, Green leafy salad/dressing, Green beans, Fresh fruit, Milk Side Salad	12 Sausage pancake on stick/Chocolate mini muffin, Juice, Milk, Fruit Crispito, Tossed Salad/dressing, Pinto bean, Peaches, Milk Side Potato	13 Biscuit & Sausage/Cereal bar & yogurt, Juice, Milk, Fruit JSD Rib on bun, Sandwich fixings, French fries, Fresh fruit, Ice cream, Milk Side Chicken sandwich
16 French toast w/syrup/Apple Frudel, Juice, Milk, Fruit Perfect pizza, California blend vegetables, Green leafy salad/dressing, Apple, Sugar cookies, Milk Side Salad	17 Biscuit & Gravy/PB&J, Juice, Milk, Fruit Popcorn surprise chicken, Seasoned potato, Carrots w/dressing, Peaches, Milk Side Potato	18 Cereal toast /Mini Cinni's, Juice, Milk, Fruit BBQ Chicken, Sweet potato crunch, Strawberries, Roll, Ice cream, Milk Side Salad	19 Egg cheese sandwich/Chocolate mini muffin, Juice, Milk, Fruit Tico Taco, Ripping refried beans, Shredded lettuce tomato, salsa, Applesauce, Milk Side Potato	20 Biscuit & Sausage/ Mini White donuts, Juice, Milk, Fruit Chicken sandwich, Sandwich fixings, French fries/ketchup, Fresh Fruit, Milk Side Hamburger
23 Maple pancakes/Strawberry bagel, Juice, Milk Chili dog, Bodacious baked beans, Satisfying tater tots/ketchup, Sidekick, Milk Side Potato	24 Biscuit & Gravy/PB&J, Juice, Milk, Fruit Elementary favorite! Beef Ravioli, Green leafy salad/dressings, Corn, Apple, Milk Side Salad	25 Sausage pancake on stick/Super donut, Juice, Milk, Fruit Cluck, cluck chicken nuggets, Green sweet peas, Baby carrot/ranch dressing, Fruit of the day, Milk Side Potato	26 Sausage roll/Mini Chocolate Muffin, Juice, Milk, Fruit Southern style Chicken Fried Steak, Broccoli, Cramed Mashed potato, Peppered gravy, Fresh fruit, Milk Side Salad	27 Biscuit & Sausage/PB&J, Juice, Milk, Fruit Principal favorite Cheeseburger, Sandwich fixings, French fries, Fresh fruit, Ice cream, Milk Side Chicken sandwich
30 Egg cheese sandwich/Chocolate mini donut, Juice, Milk, Fruit Flat bread grill cheese, Yogurt, Tossed salad/dressing, Peaches, Milk Side Potato	31 Halloween Biscuit & Gravy/Pb&J, Juice, Milk, Fruit Nacho your beef nacho, Cheesy refried bean, lettuce tomato, Salsa, Side kick, Milk Side Salad	Help celebrate National School Lunch Week October 9-13  "USDA is an equal opportunity employer"	"Change your thoughts and you change the world" Norman Vincent Peale	

