

OCTOBER MENUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 B- WG Cereal, WG Toast, Fruit/Juice, Milk</p> <p>L- Chicken Teriyaki, WG Rice, Peas, Pineapple, Fortune Cookie</p>	<p>2 B- WG Pancakes, Sausage OR WG Cereal/WG Pancake, Fruit/Juice, Milk</p> <p>L- Tacos, Green Beans, Celery w/ PB, Peaches</p>	<p>3 B- Omelet, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk</p> <p>L- Submarines, Corn, Gelatin, Pears</p>	<p>4 B- Yogurt Parfait OR WG Cereal/WG Muffin, Fruit/Juice, Milk</p> <p>L- Ham Patty on WG Bun, FF and/or Swt FF, Romaine Lettuce Salad, Mandarin Oranges</p>	<p>5 B- Belgian Waffle, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk</p> <p>L- WG Goulash, Mixed Vegetables, WG Dinner Roll w/ Jelly or Honey, Applesauce</p>
<p>8 B- Sausage Gravy over WG Biscuit OR WG Cereal/WG Biscuit, Fruit/Juice, Milk</p> <p>L- Chicken Nuggets, WG Rice, Romaine Lettuce Salad, Pears</p>	<p>9 B- WG Donut OR WG Cereal/WG Toast, Fruit/Juice, Milk</p> <p>L- Salisbury Steak, Mashed Potatoes w/ Gravy, WG Breadstick, Pineapple</p>	<p>10 B- Breakfast Burrito OR WG Cereal/WG Muffin, Fruit/Juice, Milk</p> <p>L- Pork Patty on WG Bun, FF and/or Swt FF, Broccoli w/ Cheese, Mandarin Oranges</p>	<p>11 B- WG Cereal, WG Toast, Fruit/Juice, Milk</p> <p>L- Nachos w/ Cheese Sauce or Bean Dip, Peas, Celery w/ PB, Pears</p>	<p>12 B- Apple or Cherry Frudel OR WG Cereal/WG Toast, Fruit/Juice, Milk</p> <p>L- Vegetable Beef Soup, Chicken Salad Sandwich, Gelatin</p>
<p>15 B- WG French Toast Sticks, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk</p> <p>L- BBQ Rib on WG Bun, Corn, Tator Tots and/or Swt Tator Tots, Pineapple</p>	<p>16 B- WG Cereal, WG Toast, Fruit/Juice, Milk</p> <p>L- Mini Corn Dogs, Baked Beans, Applesauce</p>	<p>17 B- Breakfast Bar OR WG Cereal/WG Muffin, Fruit/Juice, Milk</p> <p>L- Pizza Crunchers, Green Beans, Mandarin Oranges</p>	<p>18 B- Toast Pastry OR WG Cereal/WG Toast, Fruit/Juice, Milk</p> <p>L- Chicken Patty on WG Bun, Mashed Potatoes w/ Gravy, Corn, Peaches</p>	<p>19 B- Oatmeal OR WG Cereal/WG Muffin, Fruit/Juice, Milk</p> <p>L- Beef & Noodles, WG Cheesy Breadsticks, Green Beans, Pears</p>
<p>22 B- WG Cereal, WG Toast, Fruit/Juice, Milk</p> <p>L- Mini Corn Dogs, FF and/or Swt FF, Peas, Applesauce</p>	<p>23 B- Sausage, Egg, & Cheese Tornadoes OR WG Cereal/WG Toast, Fruit/Juice, Milk</p> <p>L- Pizza, Corn, Black Bean Salad, Peaches</p>	<p>24 B- Yogurt Parfait OR WG Cereal/WG Muffin, Fruit/Juice, Milk</p> <p>L- Potato Bake, Ham or Tuna Salad Sandwich, String Cheese, Pears</p>	<p>25 B- Scrambled Eggs, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk</p> <p>L- Fish Sticks, Green Beans, Coleslaw, Mandarin Oranges</p>	<p>26 B- WG Donut OR WG Cereal/WG Toast, Fruit/Juice, Milk</p> <p>L- Hot Ham and Cheese Sandwich, Baked Beans, Pineapple Tidbits</p>
<p>29 B- WG Pancakes, Sausage OR WG Cereal/Sausage, Fruit/Juice, Milk</p> <p>L- Spaghetti, Green Beans, Garlic Bread, Pears</p>	<p>30 B- Omelet, WG Toast OR WG Cereal/WG Toast, Fruit/Juice, Milk</p> <p>L- Chicken Patty on WG Bun, Mashed Potatoes w/ Gravy, Broccoli w/ Cheese, Mandarin Oranges</p>	<p>31 B- Trick or Treat (Cook's Choice)</p> <p>L- Halloweenies, Broomsticks, Brain Bits, Cupcakes (Hot Dog on WG Bun, FF and/or Swt FF, Mixed Fruit, Cupcakes)</p>		<p><i>Alternate Entree: Chef Salad</i></p> <p><i>Milk served w/ every meal</i></p> <p><i>A variety of fruits and vegetables are offered w/ every meal</i></p> <p><i>Menu subject to change.</i></p>