

Monday

Tuesday

Wednesday

Thursday

Friday

*Popcorn Chicken **5**
Seasoned *Rice
Seasoned Carrots
Fresh Fruit or Fruit Cup

Rainbow *Bagel Lunch **6**
Yogurt or Cheese Stick
Cream Cheese or
Smart Balance Spread
100% Veggie Juice
Fresh Fruit or Fruit Cup

*Pasta w-Meat Sauce **7**
Shredded Mozzarella Cheese
Steamed Broccoli
Fresh Fruit or Fruit Cup

Chicken Patty on a *Roll **1**
Oven Baked Potato Wedges
Fresh Fruit or Fruit Cup

4 X 6 Cheese Pizza **2**
Garden Salad
Roasted Chick Peas
Fresh Fruit or Fruit Cup

Brunch for Lunch **8**
Mini Maple *Pancakes
w- Syrup
Breakfast Sausage
100% Veggie Juice
Fresh Fruit or Fruit Cup

Mini Bagel *Pizzas **9**
Chick Pea Salad
Jell-O w-Topping
Fresh Fruit or Fruit Cup

Indigenous Peoples' Day **12**
Columbus Day
No School

Grilled Cheese *Sandwich **13**
Goldfish Crackers
Creamy Tomato Soup
Fresh Fruit or Fruit Cup

Early Release Day **14**
Choice of Ham & Cheese
Or Turkey & Cheese
*Sandwich
Snack Chips & Baby Carrots
Fresh Fruit or Fruit cup

Diced Chicken in Gravy **15**
Whipped Potatoes
Sweet Peas
Fresh Fruit or Fruit Cup

*Breaded Ravioli Bites **16**
w- Marinara Dipping Sauce
Steamed Broccoli
Fresh Fruit or Fruit Cup

BBQ Boneless Rib Dipper **19**
on a *Roll
Baked Beans
Steamed Carrots
Fresh Fruit or Fruit Cup

Choice of: **20**
Ham & Cheese
Turkey & Cheese
PBJ *Sandwich (K only)
Veggie Juice and Fruit

*Pasta w- Meatballs **21**
Fresh Steamed Spinach
Fresh Fruit or Fruit Cup

Chicken *Tenders **22**
Crinkle Cut Fries
Green Beans
Fresh Fruit or Fruit Cup

Wild Mike's Cheese *Pizza **23**
Garden Side Salad w-
Roasted Dried Lentils
Fresh Fruit or Fruit Cup

*Breaded Fish Sticks **26**
Crinkle Cut Oven Fries
Tartar Sauce
Dinner *Roll
Fresh Fruit or Fruit Cup

Macaroni & Cheese **27**
Steamed Broccoli
Dinner Roll
Fresh Fruit or Fruit Cup

Chicken *Nuggets **28**
Seasoned *Rice
Corn on the Cob
Fresh Fruit or Fruit Cup

Cheeseburger on a *Roll **29**
Onion *Rings
Baked Beans
Lettuce & Tomato
Fresh Fruit or Fruit Cup

Oven Baked Breaded **30**
Mozzarella *Sticks
w- Marinara Sauce
Sweet Potato Fries
Fresh Fruit or Fruit Cup