










OCTOBER 2019  
BREAKFAST

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|--|--|---|--|---|
|  | 1  | 2   | 3  | 4   |
|   | DINASAUR OATMEAL<br>CINNAMON TOAST<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEARS<br>FRUITABLES JUICE<br>CHOICE OF MILK                  | CINNAMON SUGAR PANCAKE BITES<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEACHES<br>FRUITABLES JUICE<br>CHOICE OF MILK         | BREAKFAST TACO<br>CHOICE OF CEREAL<br>CHEESE STICK<br>SLICED ORANGE<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>SALSAS  | PARENT TEACHER<br>CONFERENCES<br><br>NO SCHOOL  |
| 7  | 8  | 9   | 10   | 11  |
| BREAKFAST BAGEL<br>CHOICE OF CEREAL<br>CHEESE STICK<br>SLICED APPLES<br>FRUITABLES JUICE<br>CHOICE OF MILK                             | BERRY CREAM CHEESE BITES<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEARS<br>FRUITABLES JUICE<br>CHOICE OF MILK                            | FRENCH TOAST STIX<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEACHES<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>MAPLE SYRUP | YOGURT BERRY PARFAIT<br>CHOICE OF CEREAL<br>CHEESE STICK<br>SLICED ORANGE<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>CHOCOLATE CHIPS   | PROFESSIONAL<br>DEVELOPMENT DAY<br><br>NO SCHOOL  |
| 14   | 15   | 16  | 17   | 18  |
| SAUSAGE/PANCAKE ON STICK<br>CHOICE OF CEREAL<br>CHEESE STICK<br>SLICED APPLES<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>MAPLE SYRUP | DINASAUR OATMEAL<br>CINNAMON TOAST<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEARS<br>FRUITABLES JUICE<br>CHOICE OF MILK                  | CINNAMON SUGAR PANCAKE BITES<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEACHES<br>FRUITABLES JUICE<br>CHOICE OF MILK         | FALL BREAK<br>NO SCHOOL  | FALL BREAK<br>NO SCHOOL   |
| 21   | 22   | 23  | 24   | 25  |
| CONFETTI PANCAKES<br>CHOICE OF CEREAL<br>CHEESE STICK<br>SLICED APPLES<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>MAPLE SYRUP        | BERRY CREAM CHEESE BITES<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEARS<br>FRUITABLES JUICE<br>CHOICE OF MILK                            | FRENCH TOAST STIX<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEACHES<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>MAPLE SYRUP | YOGURT BERRY PARFAIT<br>CHOICE OF CEREAL<br>CHEESE STICK<br>SLICED ORANGE<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>CHOCOLATE CHIPS   | BREAKFAST BAGEL<br>CHOICE OF CEREAL<br>CHEESE STICK<br>APPLES<br>FRUITABLES JUICE<br>CHOICE OF MILK                 |
| 28   | 29   | 30  | 31   | 1-Nov   |
| BREAKFAST TACO<br>CHOICE OF CEREAL<br>CHEESE STICK<br>SLICED ORANGE<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>SALSAS                | SAUSAGE/PANCAKE ON STICK<br>CHOICE OF CEREAL<br>CHEESE STICK<br>SLICED APPLES<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>MAPLE SYRUP | CINNAMON SUGAR PANCAKE BITES<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEACHES<br>FRUITABLES JUICE<br>CHOICE OF MILK         | DINASAUR OATMEAL<br>CINNAMON TOAST<br>CHOICE OF CEREAL<br>CHEESE STICK<br>PEARS<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br> | MINI WAFFLES<br>CHOICE OF CEREAL<br>CHEESE STICK<br>APPLES<br>FRUITABLES JUICE<br>CHOICE OF MILK<br><br>MAPLE SYRUP |

OCTOBER 2019  
LUNCH

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|--|---|--|--|---|
|  | 1   | 2  | 3  | 4   |
|  <p>CHICKEN TENDERS<br/>EMOJI FRIES<br/>JUICY ORANGES<br/>FRUITABLES JUICE<br/>CELERY STICKS WITH RANCH</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>KETCHUP, FRY SAUCE</p>   | <p>CHICKEN TENDERS<br/>EMOJI FRIES<br/>JUICY ORANGES<br/>FRUITABLES JUICE<br/>CELERY STICKS WITH RANCH</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>KETCHUP, FRY SAUCE</p>  | <p>PIZZA DUNKERS<br/>PEARS WITH BROWN SUGAR CREAM<br/>KIWI STRAWBERRY SLUSHY FRUIT CUP<br/>SALAD MIX WITH CROUTONS/RANCH<br/>BLACK BEANS</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>RANCH DRESSING</p>   | <p>APPLE CINNAMON FRENCH TOAST<br/>SCRAMBLED EGGS<br/>CRUNCHY CARROT STICKS W/ RANCH<br/>HASHBROWN PATTIE<br/>BANANA<br/>FRUITABLES JUICE</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>KETCHUP</p>   | <p>PARENT TEACHER CONFERENCE<br/>NO SCHOOL</p>  |
| 7  | 8   | 9  | 10   | 11  |
| <p>CORN DOG<br/>CURLY FRIES<br/>POWER PUNCH JUICE<br/>CINNAMON CREAM APPLESAUCE<br/>STRAWBERRY MANGO FRUIT CUP</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>KETCHUP, MUSTARD</p>   | <p>CHICKEN NUGGETS<br/>BAKED FRENCH FRIES<br/>JUICY ORANGES<br/>FRUITABLES JUICE<br/>CELERY STICKS WITH RANCH</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>SNICKERDODDLE COOKIE<br/>KETCHUP, FRY SAUCE</p>  | <p>DUTCH WAFFLE WITH CREAM AND STRAWBERRIES<br/>HAM SLICE<br/>PEARS WITH BROWN SUGAR CREAM<br/>CRUNCHY CARROT STICKS W/ RANCH<br/>HASHBROWN PATTIE</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>KETCHUP</p>  | <p>SPAGHETTI WITH BEEF SAUCE<br/>MINI CHEESE BITES<br/>BANANA<br/>FRUITABLES JUICE<br/>SALAD MIX WITH CROUTONS/RANCH<br/>BLACK BEANS</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>PARMESAN CHEESE</p>  | <p>PROFESSIONAL DEVELOPMENT DAY<br/>NO SCHOOL</p>   |
| 14   | 15  | 16   | 17   | 18  |
| <p>MINI CALZONES<br/>CANDY CORN FRUIT<br/>SLICED APPLES<br/>FRESH BROCCOLI WITH RANCH<br/>STEAMED PEAS WITH PARMESAN</p> <p><b>CHOICE OF MILK CONDIMENT BAR</b><br/>RANCH DRESSING</p>   | <p>ORANGE CHICKEN WITH RICE<br/>JUICY ORANGES<br/>FRUITABLES JUICE<br/>CELERY STICKS WITH RANCH<br/>SEASONED CORN</p> <p><b>CHOICE OF MILK CONDIMENT BAR</b><br/>VANILLA PUDDING</p>  | <p>CHEESE QUESADILLA<br/>REFRIED BEANS<br/>PEARS WITH BROWN SUGAR CREAM<br/>KIWI STRAWBERRY SLUSHY FRUIT CUP<br/>CARROT STICKS WITH RANCH</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>SALSA, SOUR CREAM</p>   | <p>UEA/FALL BREAK<br/>NO SCHOOL</p>  | <p>UEA/FALL BREAK<br/>NO SCHOOL</p>   |
| 21   | 22  | 23   | 24   | 25  |
| <p>NSLW WHAT'S ON YOUR PLAYLIST</p> <p>CHICKEN SANDWICH<br/>TATOR TOTS<br/>FRESH BROCCOLI WITH RANCH<br/>CANDY CORN FRUIT<br/>SLICED APPLES</p>  <p><b>CHOICE OF MILK CONDIMENT</b><br/>OATMEAL CHOC. CHIP COOKIE<br/>KETCHUP, LETTUCE, FRY SAUCE</p> | <p>NSLW WHAT'S ON YOUR PLAYLIST</p> <p>HOMEMADE CHILI<br/>CINNAMON ROLLS<br/>JUICY ORANGES<br/>FRUITABLES JUICE<br/>CELERY STICKS WITH RANCH<br/>SEASONED CORN</p>  <p><b>CHOICE OF MILK CONDIMENT</b></p> | <p>NSLW WHAT'S ON YOUR PLAYLIST</p> <p>TERIYAKI CHICKEN AND RICE<br/>PEARS WITH BROWN SUGAR CREAM<br/>STRAWBERRY MANGO SLUSHY FRUIT CUP<br/>CARROT STICKS WITH RANCH<br/>SEASONED GREEN BEANS</p>  <p><b>CHOICE OF MILK CONDIMENT</b><br/>CHOCOLATE PUDDING</p> | <p>NSLW WHAT'S ON YOUR PLAYLIST</p> <p>SUPER HERO NACHOS<br/>REFRIED BEANS<br/>POWER PUNCH JUICE<br/>CINNAMON CREAM APPLESAUCE<br/>SLUSHY STRAWBERRY CUPS</p>  <p><b>CHOICE OF MILK CONDIMENT</b><br/>SALSA/SOUR CREAM</p> | <p>NSLW WHAT'S ON YOUR PLAYLIST</p> <p>PEPPERONI PIZZA<br/>BANANA<br/>FRUITABLES JUICE<br/>SALAD MIX WITH CROUTONS/RANCH<br/>BLACK BEANS</p>  <p><b>CHOICE OF MILK CONDIMENT</b><br/>RANCH DRESSING</p> |
| 28   | 29  | 30   | 31   | 1-Nov   |
| <p>CHICKEN TENDERS<br/>EMOJI FRIES<br/>JUICY ORANGES<br/>FRUITABLES JUICE<br/>CELERY STICKS WITH RANCH</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>KETCHUP, FRY SAUCE</p>   | <p>APPLE CINNAMON FRENCH TOAST<br/>SCRAMBLED EGGS<br/>CRUNCHY CARROT STICKS W/ RANCH<br/>HASHBROWN PATTIE<br/>BANANA<br/>FRUITABLES JUICE</p> <p>KETCHUP</p>  | <p>PIZZA DUNKERS<br/>PEARS WITH BROWN SUGAR CREAM<br/>KIWI STRAWBERRY SLUSHY FRUIT CUP<br/>SALAD MIX WITH CROUTONS/RANCH<br/>BLACK BEANS</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>RANCH DRESSING</p>   | <p>FRANKEN DOG<br/>BATTY BROCCOLI BITES WITH RANCH<br/>BOO BAKED BEANS<br/>CANDY CORN FRUIT<br/>FRIGHTFUL FRUIT</p>  <p><b>CHOICE OF GOBLIN JUICE CONDIMENT</b><br/>SPOOKY KOOKY COOKIE<br/>WITCHUP, BUZZARD</p>          | <p>GRILL CHEESE<br/>CAULIFLOWER W/ RANCH<br/>ORANGE MEDLEY JUICE<br/>SLICED APPLES<br/>SLUSHY STRAWBERRY CUPS</p> <p><b>CHOICE OF MILK CONDIMENT</b><br/>CHOCOLATE RICE KRISPY TREAT</p>  |