



**School Information:**

October 9<sup>th</sup>- NO SCHOOL  
 October 27<sup>th</sup>- NO SCHOOL



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday

Corn Dog  
 Broccoli  
 Pears  
 Milk **2**

### Tuesday

Walking Taco  
 Cauliflower  
 Peaches  
 Milk **3**

### Wednesday

Tenderloin on Bun  
 California Blend  
 Mandarin Oranges  
 Milk **4**

### Thursday

Chicken Nuggets  
 Oven Fries  
 Applesauce  
 Milk **5**

### Friday

Cheeseburger/Bun  
 Lima Beans  
 Pineapple  
 Milk **6**

NO SCHOOL **9**

Popcorn Chicken  
 Corn  
 Tropical Fruit  
 Milk **10**

Pizza  
 Peas  
 Pears  
 Milk **11**

Beef & Noodles  
 Mashed Potatoes  
 Peaches  
 Cookie  
 Milk **12**

Chicken Patty/Bun  
 Carrots  
 Mixed Fruit  
 Milk **13**

Pulled Pork/Bun  
 Curly Fries  
 Pineapple  
 Milk **16**

Chicken Fajita  
 Seasoned Rice  
 Mixed Veggies  
 Applesauce  
 Milk **17**

Country Fried Steak  
 Mashed Potatoes & Gravy  
 Mandarin Oranges  
 Milk **18**

Corn Dog  
 Broccoli  
 Tropical Fruit  
 Milk **19**

Biscuit & Gravy  
 Sausage Links  
 Hash Brown  
 Peaches  
 Milk **20**

Chicken Nuggets  
 Cauliflower  
 Mixed Fruit  
 Milk **23**

Potato Bar  
 Chili & Cheese  
 Broccoli  
 Peaches  
 Milk **24**

Pizza  
 Carrots  
 Mandarin Oranges  
 Milk **25**

Tenderloin/Bun  
 Oven Fries  
 Pears  
 Milk **26**

NO SCHOOL **27**

Popcorn Chicken  
 California Blend  
 Mandarin Oranges  
 Milk **30**

Chili  
 Cheese & Crackers  
 Baby Carrots  
 Tropical Fruit  
 Cinnamon Roll  
 Milk **31**

This institution is an equal opportunity provider

