

# October 2019

29	30 Cereal  Spaghetti with Meatballs Tomato Sauce WG Biscuits Steam Broccoli Frozen Peaches Milk	1 Bagel  Chicken Salad WC Tostadas Mix Vegetables Green Beans Apples Milk	2 Biscuits/Gravy  Lentil Soup Diced Ham WW Crackers Steam Carrots Pineapple Milk	3 French Toast  BBQ Chicken Dinner Roll Mashed Potatoes Brown Gravy Corn Fresh Pears Milk	4 Oatmeal/Toast  Turkey Sandwich Baby Carrots Tangerine Milk  Dismissal Day	5
6	7 Cereal  Chicken a la King Dinner Roll Mix Vegetables Mash Potato Brown Gravy Kiwi Milk	8 Corn Dog  Beef Tamale Pie Beans Corn Frozen Strawberries Milk	9 Omelet/Toast  Chicken Nuggets WW Tomato Pasta Steam Broccoli Fresh Mandarin Milk	10 Banana Muffins  Chicken Quesadilla Baby Carrots (PK) Tomatoes Celery Sticks Honeydew Milk	11  <b>No School</b>	12
13	14  <b>No School</b>	15 Toast & Jelly  Chicken Sandwich Baby Carrots (PK) Tomatoes Celery Stick Ranch Fresh Peaches Milk	16 English Muffin  Pizza Sticks Tomato Sauce French Fries Watermelon Milk	17 Waffle Sticks  Meatball Sub Shredded Cheese Tomato Sauce Broccoli Tropical Fruit Milk	18 Yogurt & Granola  Pozole Dinner Roll Corn Radishes Cabbage Orange Milk	19
20	21 Cereal  Hamburger Frech Fry-Crinkle Lettuce Tomato Slide Pickles Ketchup Mandarines Milk	22 Cinnamon Roll  Chicken Soft Tacos Beans Mix Vegetables Cantaloupe Milk	23 Egg & Toast  Hot, Ham and Cheese Broccoli Cherry Tomatoes Sliced Pears Milk	24 Pancakes  Bean and Cheese Burrito WW Rice Steam Carrots Banana Milk	25 Blueberry Muffins  Meaty Nachos Corn Spice Cucumbers Mix Fruit Milk	26
27	28 Cereal  Rotini with Meat and Sauce Steam Broccoli Frozen Peaches Milk	29 Bagel  Chicken Fajitas WW Flour Tortilla Mix Vegetables Pinto Beans Apples Milk	30 Biscuit/Gravy  Hot Dog (PK) Chicken Nuggets (PK) WW Pasta Potatoes Tots Pickles Pineapple Milk	31 French Toast  Chicken Noodles Soup Diced Celery Diced Carrots Corn/Peas Grapes (PK) Applesauce Milk	1 Oatmeal/Toast  Pork Rib Sandwich Steam Carrots Lettuce Celery Fresh Pears Milk	