



BREAKFAST

	Tuesday...1	Wednesday...2	Thursday...3	Friday...4
	Egg and Sausage Scramble Cereal/Toast Fruit Milk	Blueberry Muffin Cereal/Toast Fruit Milk	Bacon, Egg & Cheese on a Croissant Cereal/Toast Fruit Milk	Bagels or Cereal/Toast Fruit Milk Discovery Kids 1:45 pm
Monday...7	Tuesday...8	Wednesday...9	Thursday...10	Friday...11
French Toast Casserole Cereal/Toast Fruit Milk	Corn Toasties & Bacon Cereal/Toast Fruit Milk	Sausage & Cheese on an English Muffin Cereal/Toast Fruit Milk Public Safety Day	Cinnamon Toast or Cereal Bacon Fruit Milk	NO SCHOOL Superintendent Conference Day
Monday...14	Tuesday...15	Wednesday...16	Thursday...17	Friday...18
NO SCHOOL Columbus Day	Fried Egg & Bacon Cereal/Toast Fruit Milk	Breakfast Burrito Cereal/Toast Fruit Milk	Pancake & Sausage Cereal/Toast Fruit Milk	French Toast Minis Cereal/Toast Fruit & Milk Discovery Kids 1:45 pm
Monday...21	Tuesday...22	Wednesday...23	Thursday...24	Friday...25
Chocolate Chip Muffin Tops Cereal/Toast Fruit Milk	Mini Quiche Cereal/Toast Fruit Milk	Banana Bread Cereal/Toast Fruit Milk	Bagel with Cream Cheese Cereal/Toast Fruit Milk	Bacon & Cheese on an English Muffin or Cereal/Toast Fruit Milk
Monday...28	Tuesday...29	Wednesday...30	Thursday...31	
Oatmeal bar with Chocolate Chips Cereal/Toast Fruit Milk	Yogurt Cereal/Toast Fruit Milk	Breakfast Bowl Sausage & Eggs Cereal/Toast Fruit Milk	Pumpkin Pancakes Cereal/Toast Fruit Milk	

LUNCH

	Tuesday...1	Wednesday...2	Thursday...3	Friday...4
	Traveling Tacos or Salami & Cheese Sandwich Refried Beans Fruit Milk	Chicken Alfredo Bake or Salami & Cheese Sandwich Fruit Milk	Hot Dogs or Salami & Cheese Sandwich Broccoli Fruit Milk	Hamburger/ Cheeseburger or Salami & Cheese Sandwich Fruit Milk
Monday...7	Tuesday...8	Wednesday...9	Thursday...10	Friday...11
Chicken Patty on a Bun or Turkey & Cheese Sandwich Tater tots Fruit Milk	Grilled Cheese or Turkey & Cheese Sandwich Tomato Soup Fruit Milk	Spaghetti & Meatballs or Turkey & Cheese Sandwich Green Beans Fruit Milk	Chicken or Cheese Quesadilla Refried Beans Fruit Milk	Fish Sticks or Turkey & Cheese Sandwich Broccoli Fruit Milk
Monday...14	Tuesday...15	Wednesday...16	Thursday...17	Friday...18
NO SCHOOL	Chicken & Stuffing Bake or Ham & Cheese Sandwich Peas Fruit Milk	Cheese or Pepperoni Pizza Broccoli Fruit Milk	Mac & Cheese or Ham & Cheese Sandwich Corn Fruit Milk	Turkey & Gravy with Biscuits or Ham & Cheese Sandwich Mixed Vegetables Fruit & Milk
Monday...21	Tuesday...22	Wednesday...23	Thursday...24	Friday...25
Italian Dunkers or Salami & Cheese Sandwich Carrots Fruit Milk	Traveling Tacos or Salami & Cheese Sandwich Refried beans Fruit Milk	Cheese Ravioli or Salami & Cheese Sandwich Green Beans Fruit Milk	Hamburger/ Cheeseburger or Salami & Cheese Sandwich Broccoli Fruit & Milk	ECS Bowl or Salami & Cheese Sandwich Peas & Carrots Fruit Milk
Monday...28	Tuesday...29	Wednesday...30	Thursday...31	
Chef Salad or Turkey Sandwich Peas Fruit Milk	Chicken Parm with Penne or Turkey & Cheese Sandwich Broccoli Fruit Milk	Hot Dogs or Turkey & Cheese Sandwich French Fries Fruit Milk	Nachos with Meat & Cheese or Turkey & Cheese Sandwich Refried Beans Fruit Milk	