



Breakfast

| Monday...1 | Tuesday...2 | Wednesday...3 | Thursday...4 | Friday...5 |
|---|--|-----------------------------------|---|--|
| Banana Bread Fruit Milk | Bacon, Egg & Cheese on English Muffin Fruit Milk | Confetti Pancake Fruit Milk | Omelette Fruit Milk | SUPERINTENDENT CONFERENCE NO SCHOOL |
| Monday...8 | Tuesday...9 | Wednesday...10 | Thursday...11 | Friday...12 |
| COLUMBUS DAY NO SCHOOL | Mini Bagel Sliders Fruit Milk | Yogurt Parfait Fruit Milk | French Toast Fruit Milk | Breakfast Quesadilla Fruit Milk |
| Monday...15 | Tuesday...16 | Wednesday...17 | Thursday...18 | Friday...19 |
| Baked Pancake Square w/Maple Glaze Fruit Milk | Cinnamon Toast Fruit Milk | Waffle Sticks Fruit Milk | Egg & Cheese on English Muffin Fruit Milk | Snickerdoodle Muffin Fruit Milk |

| Monday...22 | Tuesday...23 | Wednesday...24 | Thursday...25 | Friday...26 |
|--|------------------------------------|---|------------------------------------|----------------------------------|
| Scrambled Eggs Sausage Links Fruit Milk | Iced Pumpkin Cake Fruit Milk | Bagel w/Cream Cheese Fruit Milk | Pancakes Fruit Milk | Pop Tart Friday Fruit Milk |
| Monday...29 | Tuesday...30 | Wednesday...31 | Thursday...1 | Friday...2 |
| Fried Egg Fruit Milk | Granola Bars Fruit Milk | French Toast Sticks or Waffle Sticks Fruit Milk | Breakfast Calzone Fruit Milk | Yogurt Parfait Fruit Milk |

Lunch

| Monday...1 | Tuesday...2 | Wednesday...3 | Thursday...4 | Friday...5 |
|--|---|--|--|--|
| Grilled Cheese or Salami & Cheese Sandwich Tomato Soup Fruit Milk | Beef Tacos (hard or soft shell) or Salami & Cheese Sandwich Refried Beans Fruit Milk | Chicken Parm. or Salami & Cheese Sandwich Spaghetti w/Sauce Green Beans Fruit Milk | Mini Burgers with or without Cheese Tater Tots Fruit Milk | SUPERINTENDENT CONFERENCE NO SCHOOL |
| Monday...8 | Tuesday...9 | Wednesday...10 | Thursday...11 | Friday...12 |
| COLUMBUS DAY NO SCHOOL | Chicken Fajita or Turkey Sandwich Black Beans Fruit Milk | Sloppy Joes or Turkey Sandwich Corn Fruit Milk | Cheese Pizza or Pepperoni Pizza Broccoli Fruit Milk | Chicken Nuggets or Turkey Sandwich Rice Carrots Fruit Milk |
| Monday...15 | Tuesday...16 | Wednesday...17 | Thursday...18 | Friday...19 |
| ECS Bowl or Ham Sandwich Corn Fruit Milk | Nachos w/Meat & Cheese or Ham Sandwich Cal. Blend Fruit Milk | Fish Sticks or Ham Sandwich Green Beans Fruit Milk | Chef Salad or Ham Sandwich Fruit Milk | Macaroni & Cheese Or Ham Sandwich Peas Fruit Milk |

| Monday...22 | Tuesday...23 | Wednesday...24 | Thursday...25 | Friday...26 |
|--|--|---|--|--|
| Ham Steak or Egg Salad Sandwich Sweet Potatoes Fruit Milk | Chicken Stir-fry or Egg Salad Sandwich Rice Mixed Vegetable Fruit Milk | Cheese Pizza or Meatball Pizza Broccoli Fruit Milk | Roasted Turkey w/Gravy or Egg Salad Sandwich Mashed Potatoes Fruit Milk | Hot Dogs or Egg Salad Sandwich Baked Beans Fruit Milk |
| Monday...29 | Tuesday...30 | Wednesday...31 | Thursday...1 | Friday...2 |
| BBQ Chicken in a Pita or Tuna Fish Sandwich French Fries Fruit Milk | Taco Salad or Tuna Fish Sandwich Fresh Veg Fruit Milk | Witches Brew w/Bones for Dipping (cheese filled pasta and sauce, bread) | Fish on a Bun or Tuna Fish Sandwich Carrots Fruit Milk | Soup & Sandwich: Cream of Broccoli Or Chili Turkey BLT or Tuna Fish Sandwich Fruit Milk |