

October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 cheese pizza salad fruit/milk	2
3	4 hot dog on whole wheat roll french fries corn fruit/milk *veggie hot dogs are available *	5 hamburg gravy on mashed potato mixed veggies blueberry muffin fruit/milk	6 ham & cheese or egg salad wrap chips veggie sticks fruit/milk 1:50 DISMISSAL	7 lasagna with tomato sauce whole wheat roll salad fruit/milk	8 tomato soup grilled cheese sandwich fruit/milk	9
10	11 NO SCHOOL	12 hamburg on whole wheat bun chips, peas fruit/milk *veggie hamburgs are available *	13 spaghetti with sauce whole wheat roll salad fruit/milk 1:50 DISMISSAL	14 bacon, egg & cheese on whole wheat English muffin salad fruit/milk	15 chicken rice soup cornbread fruit/milk	16
17	18 mac & cheese peas or veggie sticks fruit/milk	19 chicken on rice cranberry sauce peas fruit/milk	20 pulled pork on whole wheat bun corn salad fruit/milk 1:50 DISMISSAL	21 ham & cheese or Turkey & cheese wrap chips veggie sticks fruit/milk	22 cheese pizza salad fruit/milk	23
24	25 meatball grinder with tomato sauce mixed veggie fruit/milk	26 shepherd's pie brown gravy whole wheat roll fruit/milk	27 popcorn chicken french fries veggie sticks fruit/milk	28 cheese ravioli tomato sauce salad fruit/milk	29 homemade chicken noodle soup whole wheat roll corn	30
Halloween	31					