

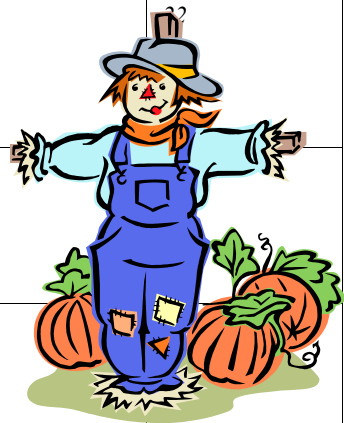


October 2011 Breakfast

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
							1
2 	3 French Toast Sticks, Syrup, Fruit, Milk	4 Banana Bread, Cheese Stick, Fruit, Milk ,	5 Malt o meal, Toast, Fruit, Milk	6 Donuts, Sausage links, Fruit, Milk	7	8	
9	10 Frittata, Tortilla, Fruit, Milk	11 Oatmeal, Cheese Sticks, Fruit, Milk	12 Sausage & Cheese on a bun, Fruit, Milk	13 Breakfast Pizza Fruit, Milk	14	15	
16	17 Muffins Cheese Sticks, Fruit, Milk	18 Cheese Omelet, Tortilla, Fruit, Milk	19 Cold Cereal, Toast, Fruit, Milk	20 Malt o meal, Toast, Fruit, Milk	21		
23	24 Waffles, Syrup, Sausage Links, Fruit, Milk	25 Biscuits & Gravy, Fruit, Milk	26 Pancakes, Blueberry Sauce, Fruit, Milk	27 Egg & sausage on a Bun, Fruit, Milk	28		
30	31 Frittata, Tortilla, Fruit, Milk	1 Cold Cereal, Toast, Jelly, Fruit Milk	2 Cinnamon Roll, Sausage Links, Fruit, Milk	3 Biscuits & Ham, Fruit, Milk	4		

October 2011 Lunch

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
							1
2 	3 Chicken Noodle Soup, Saltines, Salad Bar, fresh or Canned Fruit, Milk	4 Chili con carne, Green Chili Corn Bread, Salad Bar, Fresh or Canned Fruit, Milk	5 Cold Cut Sandwich, Potato Wedges, Salad Bar, Fresh or Canned Fruit, Milk	6 Chicken Alfredo, Whole Wheat Bread, Salad Bar, Fresh or Canned Fruit, Milk	7	8	
9	10 Grilled Chicken Sandwich, Salad Bar, Fresh or canned fruit, Milk	11 Homemade Pizza, Salad Bar, Fruit, Milk National School Lunch Week	12 Grilled Cheese, & Vegetable Soup, Salad Bar, Fruit, Milk	13 Smothered Burritos w/ green Chile, Salad Bar, Fresh or canned Fruit, Milk	14	15	
	17 Cheese Burger, Roasted Potatoes Salad Bar, Fresh or Canned Fruit, Milk	18 Lasagna, Garlic Bread, Salad Bar, Fruit, Milk	19 Easy Tacos, Salad Bar, Fresh or Canned Fruit, Milk	20 Mac & Cheese w/ Ham, Salad Bar, Fresh or Canned Fruit, Milk	21	22	
	24 Bean Tostada, Salsa, Salad Bar, Fresh or Canned Fruit, Milk	25 Beef a Roni, Herbed Potatoes, Salad Bar, Fresh or Canned Fruit, Milk	26 Cheese Enchiladas, Salsa, Salad Bar, Fresh or canned Fruit, Milk	27 Turkey & gravy, Dinner roll, Salad Bar, Fresh or canned Fruit, Milk	28	29	
30	31 Hot Dogs, Chips, Ranch Style Beans, Salad Bar, Fresh or canned Fruit, Milk	1 Soft beef Tacos. Corn, Salsa, Salad Bar, Fruit, Milk	2 Baked Chicken, WW Dinner roll, Salad Bar, Fresh or Canned Fruit, Milk	3 Spaghetti w/ meat sauce, Garlic Bread, Salad Bar, Fresh or canned Fruit, Milk	4	5	

Happy Halloween 