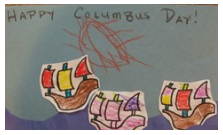
October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Loaded Nachos *Corn* *Baked Beans* *Meat/Cheese* *Canned/Fresh Fruit*	*2 Rotini W/Meat Sauce WG Roll* *Green Beans* *Romaine Salad* *Canned/Fresh Fruit*	*3 Stuffed Crust Pizza* *Peas* *Cucumber Cups* *Canned/Fresh Fruit*	*4 French Toast Sticks* *Sausage* *Hash Brown* *Cauliflower* *Canned/Fresh Fruit*	*5* ***Lunch: $2.95*** *Extra helping: $1.00* *Milk: $.0.50*
6 Alternate Lunches: Chicken Wraps w/ lettuce & cheese; Tuna or Egg Salad sandwich;	*7 Chicken Patties* *On a WG Roll* *Mashed Potatoes* *Carrot Sticks* *Canned/Fresh Fruit*	*8 Soft Shell Tacos* *Corn* *Baked Beans* *Romaine/Cheese* *Canned/Fresh Fruit*	*9 Personal Pan Pizza* *Broccoli* *Romaine Salad* *Canned/Fresh Fruit*	*10 Chicken Wraps* *On a WG Wrap* *Green Beans* *Fresh Pepper Cup* *Canned/Fresh Fruit*	*11 Subway Day* SUBWAY *No Cafeteria Lunch*	*12* *Everyday lunch is served with fresh/ canned fruit*
13 Deli Turkey or Ham; Hotdog; PBJ; Salad or Yogurt Fun Packs	*14 NO SCHOOL* 	*15 Hard Shell Tacos* *Corn* *Baked Beans* *Romaine/Cheese* *Canned Fresh Fruit*	*16 Meatball Sub* *On a WG Sub Roll* *Green Beans* *Carrot Stick* *Canned/Fresh Fruit*	*17 Bagel Pizza* *Broccoli* *Spinach Salad* *Canned/Fresh Fruit*	*18 Mac-n-Cheese* *Cauliflower* *Cucumber Cup* *WG Roll* *Canned/Fresh Fruit*	*19* *Milk & Lunch tickets available in the office*
20	*21 Popcorn Chicken* *Seasoned Rice* *Broccoli* *Carrot Sticks* *Canned/Fresh Fruit*	*22 Traveling Tacos In A BAG Corn* *Baked Beans* *Meat/Cheese* *Canned/Fresh Fruit*	*23 Bacon Cheese-burger* *Tatar Tot* *Fresh Pepper Cup* *Canned/Fresh Fruit*	*24 Mexican Fiesta Pizza* *Cauliflower* *Cucumber Cup* *Canned/Fresh Fruit*	*25 Chicken Patties* *On A WG Roll* *Mashed Potatoes* *Carrot/Celery Cup* *Canned/Fresh Fruit*	*26* *Menu Subject To Change*
27 This Institution is an equal opportunity and employer.	*28 Chicken Tenders* *Seasoned Noodles* *Broccoli* *Carrot Sticks* *Canned/Fresh Fruit*	*29 Loaded Nachos* *Corn* *Baked Beans* *Meat/Cheese* *Canned/Fresh Fruit*	*30 Turkey/Bacon Subs* *On WG Sub Roll* *Cauliflower* *Pasta Salad* *Canned/Fresh Fruit*	*31 Stuffed Crust Pizza* *Peas* *Romaine Salad* *Canned/Fresh Fruit*		