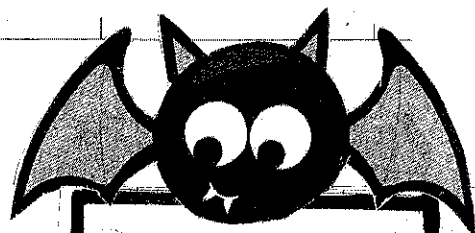




# OCTOBER MENU



M	Tu	W	Th	F
28 WG CHICKEN NUGGETS POTATO SMILES LETTUCE SALAD W/RANCH DRESSING APPLE SAUCE CUP	29 WG TORNADOS SPANISH BROWN RICE LS FIESTA CORN PINEAPPLE CUP WG RICE KRISPIE TREAT	30 IW WG PEPPERONI PIZZA CARROT AND CELERY STICKS W/PB CUP LS GREEN BEANS MIXED FRUIT CUP	1 WG FRENCH TOAST STICKS LS SAUSAGE LINKS BREAKFAST CUBES PEAR CUP	2 IW GRILLED CHEESE SANDWICH WG LS MAC N CHEESE CUP LETTUCE SALAD W/ITALIAN DRESSING PEACH CUP
5 WG CHICKEN QUESADILLA SPANISH BROWN RICE LS FIESTA CORN MANDARIN ORANGE CUP	6 WG PASTA W/MEAT SAUCE WG ROLL W/ MARG. CUP 2 OZ OF SHREDDED CHEDDAR LS GREEN BEANS PEACH CUP	7 IW WG CHEESE PIZZA CARROTEENIES W/RANCH CUP LS GREEN BEANS STRAWBERRY CUP	8 IW CHEESE BURGER ON WG BUN WG PF GOLDFISH SUNSET SIP PINEAPPLE CUP	9 TEACHER INSTITUTE DAY NO SCHOOL  NO FOOD SERVED
12 <b>COLUMBUS DAY NO SCHOOL</b>  <b>NO FOOD SERVED</b>	13 IW BEEF CHALUPA SPANISH BROWN RICE LS FIESTA CORN PINEAPPLE CUP	14 IW WG CRUST PEPPERONI PIZZA CARROTEENIES W/PB CUP LS GREEN BEANS MIXED BERRY CUP WG RICE KRISPIE TREAT	15 IW WG CHICKEN NUGGETS OVEN FRIES LS BAKED BEANS PEACH CUP	16 IW LS TURKEY W/AM. CHEESE ON WG BUN WG CHEDDAR CHEESE GOLDFISH TOSSED SALAD W/RANCH DRESSING STRAWBERRY CUP
19 IW ORANGE CHICKEN/FRIED BROWN RICE BOAT WG VEGETABLE EGG ROLL W/SWEET & SOUR SAUCE MANDARIN ORANGE CUP	20 IW WG NACHOS W/CHEEZY MEAT SAUCE LS CORN MANGO WANGO JUICE PINEAPPLE CUP	21 IW WG CRUST CHEESE PIZZA CARROTEENIES W/RANCH CUP LS GREEN BEANS APPLESAUCE CUP WG BENEFIT CC COOKIE	22 IW WG PRETZEL W/30Z. CHEDDAR CHEESE CUP LS GREEN BEANS CELERY STICKS W/PB DIP PEAR CUP	23 IW WG CHICKEN TENDERS LS LF MAC N CHEESE CUP LS BAKED BEANS MIXED FRUIT CUP WG RICE KRISPIE TREAT
26 WG IW CORN DOG POTATO SMILES LETTUCE SALAD W/RANCH DRESSING MIXED BERRY CUP	27 WG TORNADOS WG SPANISH RICE LS CORN PINEAPPLE CUP WG JUNGLE COOKIES	28 IW WG PEPPERONI PIZZA CARROT AND CELERY STICKS W/PB CUP LS BAKED BEANS MIXED FRUIT CUP	29 WG BOSCO STICKS W/MARINARA SAUCE LS GREEN BEANS MANGO WANGO JUICE PEAR CUP WG RICE KRISPIE TREAT	30 WG CHICKEN NUGGETS WG CHEDDAR CHEESE GOLDFISH LETTUCE SALAD W/ITALIAN DRESSING PEACH CUP



WG = WHOLE GRAIN  
LS = LOW SODIUM  
RF= REDUCED FAT  
W/= WITH

ALL BREAKFASTS INCLUDE COLD MILK  
VARIETY OF WG CEREAL, WG BREAD  
COMPONET & 100% JUICE

OR

WG PEANUTBUTTER & JELLY, WG BREAD  
COMPONET & 100% JUICE

REGULAR PRICED BREAKFAST IS \$2.00 PER DAY  
REDUCED PRICE LUNCH IS 30 CENTS PER DAY

ALL LUNCHES INCLUDE COLD MILK  
1% WHITE MILK OR SKIM CHOCOLATE MILK

EXTRA MILK IS 40 CENTS PER CARTON

REGULAR PRICED LUNCH IS \$3.00 PER DAY  
REDUCED PRICE IS 40 CENTS PER DAY

MENU SUBJECT TO CHANGE DUE TO GOVERNMENT COMMODITIES ON HAND

PLEASE MAKE SURE YOUR CHILD HAS SUFFICIENT FUNDS IN HIS/HER ACCOUNT