


# Oct Lunch Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Student \$2.75</b> <b>Adult \$4.25</b> <b>Milk only .40</b>	1 Tacos w/ Rice and Beans Fruit & Salad Bar Lowfat Milk Variety	2 Veggie or Meat Lasagna Dinner Roll Fruit & Salad Bar Lowfat Milk Variety	3 Shepherd's Pie WG Dinner Roll Fruit & Salad Bar Lowfat Milk Variety	4 Crispy Chicken Burger Fruit & Salad Bar Smoothies Lowfat Milk Variety
7 Chicken Nuggets French Fries Fruit & Salad Bar Lowfat Milk Variety	8 Pepperoni or Cheese Pizza Fruit & Salad Bar Lowfat Milk Variety	9 Trader Joe's Mandarin Orange Chicken w/ Rice Fruit & Salad Bar Lowfat Milk Variety	10 Pancakes Hash Browns Scrambled Eggs Sausage Fruit & Salad Bar Lowfat Milk Variety	11  <b>Teacher Workshop</b>
14 <b>NO SCHOOL</b> <b>Indigenous</b> <b>People Day</b>	15 Tacos w/ Rice and Beans Fruit & Salad Bar Lowfat Milk Variety Dessert Bar \$0.25	16 Mac n cheese WG Garlic Bread Fruit & Salad Bar Lowfat Milk Variety	17 Chicken Bacon Ranch Wraps Fruit & Salad Bar Lowfat Milk Variety	18 Hamburgers / Hotdogs Chips & Watermelon Smoothies / Salad Bar Lowfat Milk Variety
21 Teriyaki Chicken w/ Rice Fruit & Salad Bar Lowfat Milk Variety	22 Pepperoni or Cheese Pizza Fruit & Salad Bar Lowfat Milk Variety	23 Spaghetti WG Garlic Bread Fruit & Salad Bar Lowfat Milk Variety	24 Chef's Choice Fruit & Salad Bar Lowfat Milk Variety	25 Chicken or Beef Nachos Fruit & Salad Bar Smoothies Lowfat Milk Variety
28 Fish Sticks w/ Tartar French Fries Fruit & Salad Bar	29 Tacos w/ Rice and Beans Fruit & Salad Bar	30 Bosco Sticks Tater Tots Fruit & Salad Bar	31 Goblin Beef Stew Witch sticks Ghostly Biscuit Fruit & Salad Bar	This Institution is an equal opportunity provider and employer.



# Oct Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Student \$1.50</b> <b>Adult \$2.00</b>	1 Breakfast Pizza Fruit 1% & Skim Milk	2 Breakfast Sandwiches Fruit 1% & Skim Milk	3 Taquitos String Cheese Fruit 1% & Skim Milk	4 <b>Teacher Workshop</b> 
7 Homemade Muffins  String Cheese Fruit 1% & Skim Milk	8 Breakfast Pizza Fruit 1% & Skim Milk	9 Breakfast Sandwiches Fruit 1% & Skim Milk	10 Taquitos  String Cheese Fruit 1% & Skim Milk	11 Whole Grain Breakfast Bar String Cheese Fruit 1% & Skim Milk
14 <b>NO SCHOOL Indigenous People Day</b>	15 Breakfast Pizza Fruit 1% & Skim Milk	16 Breakfast Sandwiches Fruit 1% & Skim Milk	17 Taquitos String Cheese Fruit 1% & Skim Milk	18 Whole Grain Breakfast Bar String Cheese Fruit 1% & Skim Milk
21 Homemade Muffins  String Cheese Fruit 1% & Skim Milk	22 Breakfast Pizza Fruit 1% & Skim Milk	23 Breakfast Sandwiches Fruit 1% & Skim Milk	24 Taquitos  String Cheese Fruit 1% & Skim Milk	25 Whole Grain Breakfast Bar  String Cheese Fruit 1% & Skim Milk
<b>Free Breakfast Week For All Students!!!</b>				
28 Homemade Muffins String Cheese Fruit	29 Breakfast Pizza Fruit 1% & Skim Milk	30 Breakfast Sandwiches Fruit	31 Taquitos String Cheese Fruit 1% & Skim Milk	This Institution is an equal opportunity provider and 