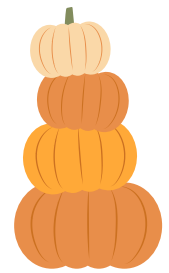




# October Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> Main Entrees • Chicken Nuggets • Fresh Baked Whole Grain Biscuit Alternate Entrees • Honey Mustard Chicken Wrap Sides for All Meals • Mashed Potatoes • Seasoned Broccoli • Chilled Peaches • Fresh Orange	<b>1</b> Main Entrees • Home-style Beef and Bean Chili • Baked Cinnamon Roll Alternate Entrees • Chicken & Cheese Quesadilla Sides for All Meals • Seasoned Black Beans • Corn • Tropical Fruit Cocktail • Fresh Orange	<b>2</b> Main Entrees • Classic Cheeseburger in Bun Alternate Entrees • Turkey & Cheese on Flatbread Sides for All Meals • Tater Tots • Steamed Peas • Chilled Diced Pears • Fresh Orange	<b>3</b> Main Entrees • General Tso's Chicken • Brown Rice Alternate Entrees • Savory Salisbury Steak • Dinner Roll Sides for All Meals • Mashed Sweet Potatoes • Cinnamon Glazed Carrots • Apple Cinnamon Slices • Fresh Orange	<b>4</b> Main Entrees • Mini Cheese Ravioli with Turkey Bolognese Sauce • Breadstick Alternate Entrees • Turkey Ham & Cheese Bagel Melt Sides for All Meals • Fresh Cherry Tomatoes • Seasoned Yellow Squash • Unsweetened Cinnamon Applesauce • Fresh Orange
<b>7</b> Main Entrees • Toasty Three Cheese Sandwich Alternate Entrees • Grilled Chicken Sandwich Sides for All Meals • Fresh Cherry Tomatoes • Seasoned Broccoli • Chilled Diced Pears • Red Delicious Apple Halved	<b>8</b> Main Entrees • Mini Turkey Corn Dogs • Smile Potatoes Alternate Entrees • BBQ Rib-B-Q Sandwich Sides for All Meals • Apple Cinnamon Slices • Red Delicious Apple Halved • Fresh Cherry Tomatoes	<b>9</b> Main Entrees • Teriyaki Glazed Chicken • Brown Rice Alternate Entrees • Turkey & Cheese on Flatbread Sides for All Meals • Chilled Pineapple Chunks • Red Delicious Apple Halved	<b>10</b> Main Entrees • Soft Beef Whole Grain Taco • Creamy Cheddar Cheese Sauce • Mexicali Corn Alternate Entrees • Chipotle BBQ Chicken & Cheddar Wrap Sides for All Meals • Spinach & Romaine Salad • Chilled Peaches • Red Delicious Apple Halved	<b>11</b> Main Entrees • Chicken Tenders • Fresh Baked Whole Grain Biscuit • Savory Green Beans Alternate Entrees • Chicken & Cheese Crispito Sides for All Meals • Savory Green Beans • Fruit Cocktail • Red Delicious Apple Halved
<b>14</b> NO SCHOOL OR CAMP PAUL EXTENDED CARE	<b>15</b> NO SCHOOL Students attending Camp Paul Extended Care should bring a meal from home.	<b>16</b> Main Entrees • Popcorn Chicken Alternate Entrees • Italian Sandwich Sides for All Meals • Mashed Potatoes • Broccoli • Pears • Fresh Fruit	<b>17</b> Main Entrees • Pizza Alternate Entrees • Turkey & Cheese Flatbread Sides for All Meals • Potato Wedges • Carrots • Pineapple • Fresh Fruit	<b>18</b> Main Entrees • Corndog Alternate Entrees • Mozz Cheese Stick Sides for All Meals • Corn • Celery • Peaches • Frozen Fruit Sidekick
<b>21</b> Main Entrees • Crispy Chicken Patty Sandwich Alternate Entrees • Chicken & Cheese Crispito Sides for All Meals • Tater Tots • Fruit Cocktail • Red Delicious Apple Halved	<b>22</b> Main Entrees • Beef Nachos Alternate Entrees • Fajita Marinated Chicken • Cilantro Lime Brown Rice Sides for All Meals • Seasoned Refried Beans • Chilled Diced Pears • Red Delicious Apple Halved	<b>23</b> Main Entrees • The Perfect Sloppy Joe Alternate Entrees • Toasty Three Cheese Sandwich Sides for All Meals • Cinnamon Glazed Carrots • Apple Cinnamon Slices • Red Delicious Apple Halved • Fresh Cherry Tomatoes	<b>24</b> NO SCHOOL - P/T Conferences Students attending Camp Paul Extended Care should bring a meal from home.	<b>25</b> NO SCHOOL Students attending Camp Paul Extended Care should bring a meal from home.
<b>28</b> Main Entrees • Chicken Nuggets • Fresh Baked Whole Grain Biscuit Alternate Entrees • Honey Mustard Chicken Wrap Sides for All Meals • Chilled Peaches • Fresh Orange	<b>29</b> Main Entrees • Home-style Beef and Bean Chili • Baked Cinnamon Roll Alternate Entrees • Chicken & Cheese Quesadilla Sides for All Meals • Tropical Fruit Cocktail • Fresh Orange	<b>30</b> Main Entrees • Classic Cheeseburger in Bun • Tater Tots Alternate Entrees • Turkey & Cheese on Flatbread Sides for All Meals • Chilled Diced Pears • Fresh Orange	<b>31</b> Main Entrees • General Tso's Chicken • Brown Rice Alternate Entrees • Savory Salisbury Steak • Dinner Roll Sides for All Meals • Apple Cinnamon Slices • Fresh Orange	<b>1</b> Manager's Choice Lunch options will be announced as soon they they are available.

**Offered Daily:** Extras served daily may vary. Craisins, Fresh Fuji Apple, Cinnamon Diced Pears, Fresh Broccoli Florets, Lettuce & Tomato Side Salad.

**Milk & Condiments** - 1% Low-fat Milk or Chocolate Fat-Free Milk - Ketchup Packet, Mustard Packet, Mayonnaise, Light Ranch Dressing

**Menus Subject to Change:** We try our best to serve our menus as posted; however, sometimes last-minute changes occur.

Please check with the cafe manager prior to the meal if you have any concerns. **This institution is an equal opportunity provider.**