



School Information:

Fall Break October 18-20
 Halloween October 31



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

CHICKEN TENDERS-WG
 HEADSTART SIZE PUFFS **2**
 ROSY APPLESAUCE
 1% MILK

LITTLE SMOKIES **3**
 MAC & CHEESE
 BAKED BEANS
 PEARS
 1% MILK

MEATBALL SUB **4**
 GREEN BEANS
 PEACHES
 1% MILK

CHICKEN SANDWICH **5**
 BROCCOLI W/ CHEESE
 PINEAPPLE
 1% MILK

CHEESE PIZZA **6**
 BABY CARROTS
 MIXED FRUIT
 1% MILK

CHICKEN NUGGETS **9**
 MASHED POTATOES
 CHICKEN GRAVY
 HOT ROLL WG
 ROSY APPLESAUCE
 1% MILK

FISH STICKS **10**
 BAKED BEANS
 PEARS
 1% MILK

CORN DOG **11**
 CARROTS
 PEACHES
 1% MILK

CHICKEN SANDWICH **12**
 BROCCOLI W/ CHEESE
 PINEAPPLE
 1% MILK

HOT HAM & CHEESE **13**
 CORN
 MIXED FRUIT
 1% MILK

CHICKEN QUESADILLA **16**
 CARROTS
 ROSY APPLESAUCE
 1% MILK

BEEF TACO **17**
 REFRIED BEANS
 PEARS
 1% MILK

18
 NO
 SCHOOL

19
 NO
 SCHOOL

20
 NO
 SCHOOL

TANGERINE CHICKEN **23**
 BROWN RICE
 BROCCOLI
 ROSY APPLESAUCE
 1% MILK

RIB-B-Q SANDWICH **24**
 BAKED BEANS
 PEARS
 1% MILK

CORN DOG **25**
 CARROTS
 PEACHES
 1% MILK

BEEF FINGERS **26**
 MASHED POTATOES
 BEEF GRAVY
 PINEAPPLE
 1% MILK

CHEESE PIZZA **27**
 BABY CARROTS
 MIXED FRUIT
 1% MILK

CHICKEN QUESADILLA **30**
 CARROTS
 ROSY APPLESAUCE
 1% MILK

SPOOK-GETT & MEATBALL **31**
 BOOOO-KED BEANS
 PEARS
 1% MILK

