October

square meals

National School Lunch Week October 13-17

Have FUN and Color me! and Eat School meals!

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Ham & Cheese Sandwich OR Chicken Sandwich Garden Side Salad Oatmeal Cookie Milk	2 Baked Cheese Pizza Dippers OR Grilled Cheese on WW Fresh Carrots Sticks w/FF Dip Apple Quarters Goldfish Crackers Milk	3 Spaghetti w/ Meat Sauce OR Chef Salad Garden Side Salad Fruit Cup Garlic Toast Milk
6 BBQ Riblet OR Chicken Drummies Green Beans Banana Whole Grain Roll Milk	7 Whole Grain Cheese Pizza OR Cheeseburger on Bun Fresh Carrots & Celery wFF /Dip Chilled Pears Milk	8 Turkey Sausage OR Cheese Omelet Blueberry Waffle Baked Tater Tots Applesauce Milk	9 Hamburger on WG Bun OR Ham & Cheese on WW Oven Baked Potato Wedges Fruit Cup Milk	10 Half Day! No Lunch (Dismissed at 11:30)
13 Columbus Day No School	14 Grilled Turkey & Cheese OR Pepperoni Pizza Seasoned Corn Garden Side Salad Fruit Cup Milk	15 Soft Taco w/ Cheese OR Chicken Quesadilla Refried Beans Chilled Pears Cinnamon Toast Milk	16 Spaghetti w/ Meat Sauce OR Chef Salad Green Beans Chilled Fruit Cocktail Garlic Toast Milk	17 Educators' Day No School
20 Cheeseburger Mac OR Chicken Drumstick Garden Side Salad Chilled Pineapples Blueberry Muffin Milk	21 Chicken Tenders w/Roll OR Cheese Pizza Green Beans Chilled Peaches Garden Side Salad Milk	22 Chicken Sandwich OR Ham & Cheese on WW Broccoli Chilled Pears Soft Wheat Pretzel Milk	23 Cheese Pizza Dippers OR Grilled Cheese on WW Fresh Carrots Sticks w/FF Dip Apple Quarters Goldfish Pretzels Milk	24 Meatloaf OR Student's Choice Mac & Cheese Garden Side Salad Fruit Cup Bread Stick Milk
27 Chicken Drummies OR BBQ Riblet Broccoli Banana Whole Grain Roll Milk	28 Cheeseburger on WG Bun OR Cheese Pizza Carrots & Celery w/FF Dip Chilled Pears Milk	29 Cheese Omelet OR Turkey Sausage Blueberry Waffle Baked Tater Tots Applesauce Milk	30 Ham & Cheese on WW OR Hamburger on WG Bun Baked Potato Wedges Fruit Cup Ice Cream Milk	31 Teacher Work Day No School