



GOOD FOOD BRIGHT FUTURES!

OCTOBER LUNCH MENU

HEALTHY KIDS HAPPY DAYS!

Monday	Tuesday	Wednesday	Thursday	Friday
Food substitutions based on availability 			1 Potato Soup, Cheese cubes, Oyster Crackers, & Milk	2 Pizza, Veggies, Salad, & Milk <i>*Included w/tuition</i>
5 Tuna Noodle Casserole with peas, whole wheat bread, applesauce, & Milk	6 Rotel Chicken Spaghetti Casserole, Veggies, & Milk	7 Grilled Cheese, Tomato Soup, Pickles, & Milk	8 Sun butter & Jelly sandwich, cucumber sticks, veggie straws, & Milk	9 Pizza, Veggies, Salad, & Milk <i>*Included w/tuition</i>
12 Meatballs, Buttered Noodles, Veggies, & Milk	13 Cheese quesadilla, rice, black beans, salsa, & Milk	14 Sheet Pancake with Fruit, Turkey Sausage, Applesauce, & Milk	15 Potato Soup, Cheese cubes, Oyster Crackers, & Milk	16 Pizza, Veggies, Salad, & Milk <i>*Included w/tuition</i>
19 Tuna Noodle Casserole with peas, whole wheat bread, applesauce, & Milk	20 Rotel Chicken Spaghetti Casserole, Veggies, & Milk	21 Grilled Cheese, Tomato Soup, Pickles, & Milk	22 Sun butter & Jelly sandwich, cucumber sticks, veggie straws, & Milk	23 Pizza, Veggies, Salad, & Milk <i>*Included w/tuition</i>
26 Meatballs, Buttered Noodles, Veggies, & Milk	27 Cheese quesadilla, rice, black beans, salsa, & Milk	28 Sheet Pancake with Fruit, Turkey Sausage, Applesauce, & Milk	29 Potato Soup, Cheese cubes, Oyster Crackers, & Milk	30 Pizza, Veggies, Salad, & Milk <i>*Included w/tuition</i>

