



School Information:



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

Sloppy Joe on Bun **1**
Hash Rounds
Veggie
Fruit

Tuesday

Chicken Patty/ Bun **2**
Tri Potato
Fresh Broccoli
Cheese stick
Fresh Apple

Wednesday

Beef Taco **3**
Refried Beans
Salsa
Fruit

Thursday

Pizza **4**
Carrots/Ranch
Fruit
Cookie

Friday

No School;
Teachers' Institute **5**

No School;
Columbus Day **8**

Cheesy Rotini w/
Ground Beef **9**
Salad w/Ranch
Tomatoes
Fruit

Egg Biscuit **10**
Tri Potato
Sausage
Fruit
Juice

Salisbury Steak **11**
Mashed Potatoes
Bread Slice
Peas and Carrots
Fruit

Pizza **12**
California Blend Veggies
Carrots/Ranch
Fruit

Turkey and Cheese **15**
Bun
Potato
Broccoli
Fruit

Chicken Nuggets **16**
Mac and Cheese
Green Beans
Fruit

Spaghetti **17**
Garlic Bread
Corn
Fruit

Cheeseburger **18**
Fries
Veggie
Fruit

Nachos w/ Beef **19**
Cheese
Salsa
Refried Beans
Fruit

Grilled Cheese **22**
Sweet Potatoes
Veggie
Fruit

Penne Pasta w/ Sauce **23**
Breadstick
Cheese Stick
Salad w/ Ranch
Fruit

BBQ Meatballs **24**
Potatoes
Veggie
Fruit

Chicken Parm **25**
Bun
Veggie
Goldfish
Fruit

No School **26**

Cooks' Choice **29**

Cheeseburger Meatloaf **30**
AuGratin Potatoes
Green Beans
Bread
Fruit

Cooks' Choice **31**

