

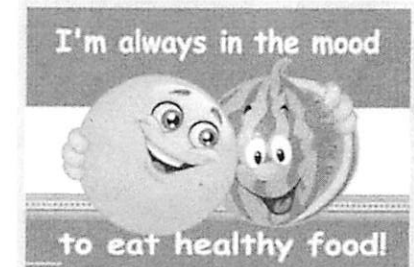
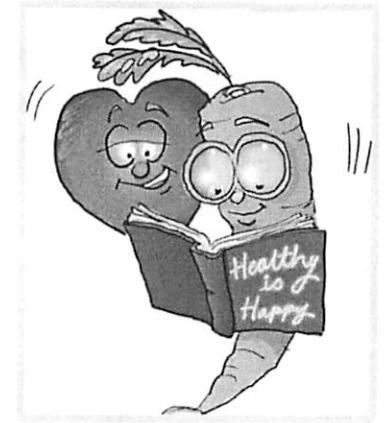


OCTOBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 B: WG Cinnamon Bun, 100% Juice/Fruit L: Sliced Turkey w/gravy, WG Dinner Roll, California blend, Mashed Potatoes & Fruit	2 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Turkey Hot Dog w/WG Bun, Baked Beans, Corn & Fruit	3 B: WG Bagel w/cream cheese, 100% Juice/Fruit L: WG Chicken Salad Wrap, Lett. & Tom. cup, Sweet Potato Tots & Fruit	4 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Popcorn chicken w/WG Roll, Romain Salad, Green beans & Fruit	5 B: WG Muffin, 100% Juice/Fruit L: Cheese Pizza w/WG Crust, Oven fries & Fruit
8 No School	9 B: WG Egg & Cheese Sand., 100% Juice/Fruit L: Beef Nachos, WG Tortilla Chips, Lett. Tom. & cheese cup, Black Beans & Fruit	10 B: WG Muffin, 100% Juice/Fruit L: BBQ Meatballs, WG Roll, Corn, Broccoli/Cauliflower & Fruit	11 B: WG Pop Tart, Yogurt, 100% Juice/Fruit L: WG Chicken & Cheese Quesadilla, Oven Fries, Carrot Sticks w/LF ranch & Fruit	12 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Hamburger w/WG Bun, Cheese stick, Romain salad w/cabbage LF ranch & Fruit
15 B: WG Cinnamon Bun, 100% Juice/Fruit L: Turkey Ham & Cheese Pinwheels, WG Tortillia, Spinach, Cooked carrots & Fruit	16 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: WG Spaghetti w/meatsauce, WG Breadstick, Broccoli, Cauliflower & Fruit	17 B: WG Bagel w/cream cheese, 100% Juice/Fruit L: WG Chicken Nuggets, WG Roll, Lima Beans, Sweet Potatoes & Fruit	18 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Taco's w/WG shell, Oven fries, Lett., Tomato cup & Fruit	19 B: WG Muffin, 100% Juice/Fruit L: Cheese Pizza w/WG Crust, Green beans & Fruit
22 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: WG Chicken Fingers, WG Breadstick, Sweet pot. Fries, Baked Beans & Fruit	23 B: WG Pop Tart, Yogurt, 100% Juice/Fruit L: Beef Burger w/gravy, WG Dinner Roll, Mashed potatoes, Peas & Fruit	24 B: WG Muffin, 100% Juice/Fruit L: WG French Toast, Turkey Sausage, Corn, Carrot sticks & Fruit	25 B: WG Egg & Cheese Sand., 100% Juice/Fruit L: Turkey Sandwich w/WG Bread, Broccoli, Cole Slaw & Fruit	26 In-Service: No School
29 B: WG Cinnamon Bun, 100% Juice/Fruit L: Sliced Turkey w/gravy, WG Dinner Roll, California blend, Mashed Potatoes & Fruit	30 B: WG Cereal, WG Graham Cracker, 100% Juice/Fruit L: Turkey Hot Dog w/WG Bun, Baked Beans, Corn & Fruit	31 B: WG Bagel w/cream cheese, 100% Juice/Fruit L: WG Chicken Salad Wrap, Lett. & Tom. cup, Sweet Potato Fries & Fruit		
		<p>NOTES: Menu Subject to Change</p> <p>Choice of FF Chocloate, FF Strawberry, 1% White or Skim Milk available! Alternative Lunch: Tuna Sandwich (M, W, F) & Turkey Sandwich (T, TH)</p>		



October Quote:
Take care of your body
it's the only place you
have live in!