

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

4

5

6

7

1

8

Cold Lunch

11

**Bologna & Cheese Sandwich** (2m, 2WG)  
**Cucumber Salad** (¼ C. Veg.)  
**Peaches** (½ C. Fruit)  
**Milk** (8oz)  
 Cucumber Salad is chopped cucumber with Dill Dressing

Cold Lunch

12

**Italian Sub. Sandwich** (2m, 2WG)  
**Salad** (¼ C. Veg.)  
**Pears** (½ C. Fruit)  
**Milk** (8oz)  
 Italian Sub contains Salami, Pepperoni, and Provolone Cheese Slices

Cold Lunch

13

**Chicken Wrap** (2m, 1 ½ WG)  
**Corn & Bean Salad** (¼ C. Veg.)  
**Pineapple** (½ C. Fruit)  
**Milk** (8oz)  
 Corn with Navy Beans, Salsa and Tomatoes

Cold Lunch

14

**Ham & Cheese w/ Croissant** (2m,1G)  
**Carrot Salad** (¼ C. Veg.)  
**Fresh Fruit** (½ C. Fruit)  
**Milk** (8oz)  
 Carrot Salad is Shredded carrots with Honey Mustard Dressing

Cold Lunch

15

**Hot Dog w/Bun** (2m, 2WG)  
**Raw Carrots** (½ C. Veg.)  
**Pickles** (½ C. Veg.)  
**Applesauce** (½ C. Fruit)  
**Milk** (8oz)

Fall Break

18

**Bacon Eggstravaganza w/Pancakes** (2m,2WG)  
**Tater tots** (¼ Cu. Veg.)  
**Orange Juice** (4oz)  
**Milk** (8oz)

19

**Creamy Chicken Fajita** (2m, 1 ½ WG)  
**Roasted Broccoli** (½ C. Veg.)  
**Mixed Veg** (½ C. Veg.)  
**Mixed Fruit** (½ C. Fruit)  
**Milk** (8oz)

20

**Mac N Cheese** (2m, 1WG)  
**Zucchini Sticks** (½ C. Veg.)  
**Peas** (½ C. Veg.)  
**Fresh Fruit** (½ C. Fruit)  
**Milk** (8oz)

21

**Cheese Pizza** (2,2WG, 1/8 C. Veg)  
**Salad** (½ C. Veg)  
**Breadstick w/ Marinara Sauce** (1WG, ½ C. Veg)  
**Applesauce** (½ C. Fruit)  
**Milk** (8oz)

22

**Hamburger Patty w/ Bun** (2m, 2WG)  
**Baked Beans** (½ C. Veg.)  
**Onion Rings** (½ C. Veg)  
**Pears** (½ C. Fruit)  
**Milk** (8oz)

25

**Sausage Gravy w/ Biscuit** (1m,2WG)  
**Sausage Patty** (1 M)  
**Potato Wedges** (¼ C. Veg.)  
**Grape Juice** (½ C. Fruit)  
**Milk** (8oz)

26

**Beef Taco** (2m 1 ½ WG)  
**Creamed Corn** (½ C. Veg)  
**Roasted Broccoli** (½ C. Veg.)  
**Peaches** (½ C. Fruit)  
**Milk** (8oz)

27

**Grilled Cheese Sandwich** (2m,2 WG)  
**Tomato Soup** (¼ C. Veg)  
**Roasted Broccoli** (½ C. Veg)  
**Fresh Fruit** (½ C. Fruit)  
**Milk** (8oz.)

28

**Breaded Mozzarella Sticks** (2m,2WG)  
**Salad** (½ C. Veg)  
**Marinara Sauce** (¼ C. Veg)  
**Applesauce** (½ C. Fruit)  
**Milk** (8oz)

29

