

October 2018 School menu

Mon	Tue	Wed	Thu	Fri
1 Hamburger Gravy Mashed potatoes Green Beans Whole Wheat Roll Pineapple	2 Sloppy Joe On WW Bun Carrots Baked Beans Peaches	3 Cheese Pizza on WW crust Romaine Salad w/low fat dressing Corn Banana	4 Soft Shell Taco With taco meat Black Beans Ice berg Lettuce Salsa, Cheese Apple	5 Turkey hot dog w/ WW Bun Beet pickles Broccoli Mandarin Oranges
8 Whole Grain Spaghetti Tomato Sauce Whole grain Bread sticks Green Beans Pears	9 Turkey Sausage French Toast Sticks Tator Tots Pineapple	10 Hot ham and cheese /WW bun Potato Chowder Romaine/Spinach Salad low fat dressing Banana	11 Corn Dog Sweet Potato Fries Romaine/Spinach salad Low fat dressing Orange Wedges	12 Chicken Legs Mashed Potatoes and Gravy Baked beans Wheat Bread Peaches
15 Mexican Haystack w/ taco Meat, Cheese, Lettuce, Salsa, Black beans, Tortilla Chips Mandarin Oranges	16 Pizza Casserole Green Beans Romaine salad w/low fat Dressing Apple	17 Pulled Pork on WW Bun Beet Pickles Broccoli Banana	18 Chicken Strips Mashed potatoes and gravy Corn Whole Wheat Roll Peaches NO SCHOOL St. Martins	19 Hamburger on WW Roll Romaine Salad w/low fat dressing French fries Baked Beans Pineapple NO SCHOOL St. Martins
22 Turkey gravy Mashed Potatoes Peas Whole Wheat Roll Peaches	23 BBQ Chicken on WW Bun Baked Beans Leafy spinach Salad w/ low fat dressing Juice Cup	24 Sliced Ham Scalloped Potatoes Green Beans Whole Wheat Roll Banana	25 Chicken Patty on WW Bun Sweet potato fries Romaine/Spinach Salad w/low fat dressing Orange wedges	26 Sloppy Joe on WW Bun Carrots Baked Beans Peaches
29 Hamburger Gravy Mashed potatoes Green Beans Whole Wheat Roll Pineapple	30 Sloppy Joe On WW Bun Carrots Baked Beans Peaches	31 Cheese Pizza on WW crust Romaine Salad w/low fat dressing Corn Banana		