

October

2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Cheeseburger on WW Bun Carrots, Tator tots Baked Beans, Peaches	Cheese Pizza on WW crust Romaine Salad w/ low fat dressing Corn Banana	Soft Shell Taco with beef taco meat Black Beans Ice berg Lettuce Salsa, Cheese , Applesauce	Turkey hot dog on WW Bun French Fries Broccoli Mandarin Oranges
7	8	9	10	11
Whole Grain Spaghetti Tomato Meat Sauce Whole grain Bread sticks Green Beans, Pears	Sausage French Toast Sticks Tator Tots Pineapple	Hot ham and cheese /WW bun Potato Chowder Romaine/Spinach Salad low fat dressing, Banana	Corn Dog French Fries Carrots Orange Wedges	Chicken Legs Mashed Potatoes and Gravy Baked beans Whole Wheat Bread, Apples
14	15	16	17	18
Mexican Haystack w/chicken taco meat Cheese, Lettuce, Salsa, Black Beans Tortilla Chips, Mandarin Oranges	Pizza Casserole, WW Garlic Breadsticks Broccoli Romaine salad w/low fat dressing Applesauce	Pulled Pork on WW Bun Tator tots Green beans Banana	Chicken strips Mashed Potatoes & Gravy Corn Whole Wheat Roll, Peaches	Hamburger on WW Bun Romaine Salad w/low fat dressing French fries Baked Beans Pineapple
21	22	23	24	25
Turkey gravy, Mashed potatoes, Peas Whole Wheat Roll Peaches	BBQ Chicken on WW Bun Baked Beans Leafy spinach Salad w/low fat dressing, Juice cup	Sliced Ham Scalloped Potatoes Green Beans, Whole Wheat Roll, Banana	Chicken Patty on WW Bun French fries Romaine/Spinach Salad w/ low fat dressing, Orange Wedges	Sloppy joe on WW bun Carrots Tator Tots Apples
28	29	30	31	
Hamburger gravy Mashed Potatoes Green Beans WW bun Pineapple	Cheeseburger on WW Bun Carrots, Tator tots Baked Beans, Peaches	Cheese Pizza on WW crust Romaine Salad w/ low fat dressing Corn Banana	Soft Shell Taco with beef taco meat Black Beans Ice berg Lettuce Salsa, Cheese , Applesauce	ST MARTINS NO SCHOOL: October 17 & 18th