





October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast Pizza (218) Cereal (100) Fruit (60) Juice (60) <hr/> Crunchy Beef Taco (299) Refried Beans (40) Lettuce/Salsa (20) Grapes (31)	2 Oatmeal (80) Cereal (100) Raisins (45) Juice (60) <hr/> Cheeseburger/WG Bun (265) Fries (57) Oranges (45)	3 Biscuit &Gravy (273) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> Pepperoni Pizza (241) Garden Salad/Dressing (10/90) Strawberries (24)	4 Pancakes & Sausage (134/82) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> Chicken Alfredo (344) Broccoli (27) Pears (60)
7 WG Pop Tart (210) Cereal w/Toast (110/70) Fruit (60) Juice (60) <hr/> Hot Dog (170) French Fries (57) Tropical Fruit (60)	8 Breakfast Pizza (218) Cereal (100) Fruit (60) Juice (60) <hr/> Chicken Patty/WG Bun (281) Carrots (24) Spiced Apples (50)	9 Oatmeal & Raisins (129) Cereal (100) Fruit (60) Juice (60) <hr/> Spaghetti w/Meatballs () Buttered Corn (70) Applesauce (50)	10 Biscuit &Gravy (273) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> Turkey & Cheese Sandwich (270) Baked Beans (150) Grapes (31)	11 Pancakes & Sausage (134/82) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> Enchilada Casserole (350) Garden Salad (10) Dressing (90) Banana (105)
14 WG Pop Tart (210) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> Cheeseburger WG Bun (265) Hash Brown (143) Fruit Cup (50) National	15 Breakfast Pizza (218) Cereal (100) Fruit (60) Juice (60) <hr/> Crispito w/ Cheese (200) Texas Pintos (145) Strawberries (24) School	16 Oatmeal & Raisins (129) Cereal (100) Fruit (60) Juice (60) <hr/> Popcorn Chicken (230) Macaroni & Cheese (260) Carrot Sticks (24) Apple (95) Lunch	17 Biscuit &Gravy (273) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> Chicken Quesadilla (200) Spanish Rice (69) Tropical Fruit (60) Week	18 Pancakes & Sausage (134/82) Cereal w/Toast (100/70) Mixed Fruit (60) Juice (60) <hr/> Chili w/ Cheese Stick (107/110) Celery (6) Banana (105) Crackers (80)
21 WG Pop Tart (210) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> Corn Dog (180) Fries (57) Pears (60)	22 Breakfast Pizza (218) Cereal (100) Fruit (60) Juice (60) <hr/> Lasagna (269) Green Beans (20) Peaches (60) Garlic Bread (105)	23 Oatmeal & Raisins (129) Cereal (129/100) Apple (95) Juice (60) <hr/> Grilled Chicken/WG Bun (220) Cauliflower w/Cheese (111) Strawberries (24)	24 Biscuit &Gravy (273) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> PG&J (300) Cheese Stick (110) Broccoli w/Ranch (101) Crisp Apple (95)	25 No school 
28 WG Pop Tart (210) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> Chili Dog on Bun (290) Carrots (24) Fresh Fruit (105)	29 Breakfast Pizza (218) Cereal (100) Fruit (60) Juice (60) <hr/> Super Nachos (156) Texas Pintos (145) Fresh Fruit (105) 	30 Oatmeal & Raisins (129) Cereal w/Toast (100/70) Fruit (60) Juice (60) <hr/> Chicken Nuggets (270) Mashed Potato w/ Gravy (110/35) Peaches (60)	31 Biscuit &Gravy (273) Cereal w/Toast (110/70) Fruit (60) Juice (60) <hr/> Grab &Go (271) Broccoli w/Ranch (101) Banana (105) Sidekick (90) 	Menu subject to change without notice! All meals served with FF or Skim milk! Chef Salad (7-12), PBJ, Ham, or Turkey sandwiches available Monday - Thursday as an alternate to the main entrée. These sandwiches can also be purchased a la carte.

"This institution is an equal opportunity provider."