


















# October 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SPV – Baby Carrots 7</p> <p>Crispy Chicken Sandwich Or- Italian Hoagie  Or-Yogurt &amp; Cheese Stick with Assorted WG Bread Sweet Potato Waffle Fries Chilled Pears</p>	<p>8</p> <p>Chicken Fried Steak with Gravy and Assorted WG Bread  Or- Southwest Chicken Salad Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Mashed Potatoes and Gravy Watermelon <a href="#">Farm to School</a></p>	<p><i>New Item!</i> 9</p> <p>Arroz Con Pollo with Spanish Rice (<i>Seasoned Chicken Strips</i>) Or- Salami, Cheese, Crackers and Nutrigrain Bar  with Assorted WG Bread Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Seasoned Black Beans Chilled Peaches</p>	<p>10</p> <p>Crispy Fish Sandwich with Cheese Or- Antipasto Pasta Salad  Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel Green Beans with Bacon  Orange Wedges</p>	<p>11</p> <p>Grilled Cheese and Tomato Soup Or- Buffalo Chicken Wrap Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Romaine Salad with Croutons Fresh Apple <a href="#">Farm to School</a></p>
<b>National School Lunch Week October 14<sup>th</sup> – 18<sup>th</sup></b>				
<p>SPV – Grape Tomatoes 14</p> <p><b>National Dessert Day</b> Hot Dog on a Bun  Or- Turkey &amp; Cheese Hoagie Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel Crisp Baby Carrots Blueberries Ice Cream Cup Treat</p>	<p>15</p> <p>Chicken Nuggets with Assorted WG Bread Or- Asian Chicken Salad with Assorted WG Bread Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Mixed Vegetables Watermelon <a href="#">Farm to School</a></p>	<p>16</p> <p>Pizza Hut Pizza Or- Turkey BLT  Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Crisp Broccoli Strawberries</p>	<p>17</p> <p>Walking Taco w/a Lettuce and Cheese Cup  Or Crispy Chicken Salad with Assorted WG Bread Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Ranch Beans Mixed Fruit</p>	<p><b>Westside No School</b> 18</p> <p>Loaded Potato Wedges with Cheese and Bacon and Assorted WG Bread  Or- Tuna Salad on 9 Grain Bread Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Potato Wedges Fresh Apple <a href="#">Farm to School</a></p>
<p>SPV – Red Bell Pepper Strips 21</p> <p><b>Westside No School</b> Breaded Mozzarella Cheese Sticks with Pizza Sauce Or- Ham &amp; Cheese Hoagie  Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel Green Beans Chilled Peaches</p>	<p>22</p> <p>French Toast Sticks with Sausage Links  Or- Sunshine Chicken Salad with Assorted WG Bread Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Glazed Carrots Watermelon <a href="#">Farm to School</a></p>	<p>23</p> <p>Cheeseburger on a Bun  Or- Turkey Custer Sandwich  Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel Jazz'd French Fries Chilled Peaches</p>	<p>24</p> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p>25</p> <p style="text-align: center;"><b>NO SCHOOL</b></p>
<p>SPV – Baby Carrots 28</p> <p>Sweet &amp; Sour Popcorn Chicken with Brown Rice Or- Roast Beef Sandwich Or-Yogurt &amp; Cheese Stick with Assorted WG Bread Oriental Vegetables Pineapple Tidbits</p>	<p>29</p> <p>Three Cheese Lasagna with Assorted WG Bread Or- Beef Taco Salad with Assorted WG Bread Or-Yogurt &amp; Cheese Stick with Assorted WG Bread Romaine Salad with Croutons Banana</p>	<p>30</p> <p>Pizza Hut Pizza Or- Chicken Salad Croissant Or- Yogurt &amp; Cheese Stick with Assorted WG Bread Grape Tomatoes Chilled Peaches</p>	<p><b>Halloween</b> 31</p> <p><b>Monster</b> Meatball with  Ghoulish WG Garlic Bread Or- Southwest Chicken Wrap Or- Yelling Yogurt and Cackling Cheese Stick with a Ghoulish WG Garlic Bread <i>Creepy</i> Corn Mummy Mixed Berry Cup Mysterious Cookie</p>	<p>1</p> <p>Texas Style Chili with a WG Cinnamon Roll  Or- Cottage Cheese &amp; Fruit with a WG Cinnamon Roll Or- Yogurt &amp; Cheese Stick with a WG Cinnamon Roll Chili Beans Fresh Apple <a href="#">Farm to School</a></p>

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product

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