



October 2024



LUNCH MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Hamburger on a Bun Dark Green Leaf Lettuce Tomato Slice Oven Fries Strawberries & Bananas Grapes (9-12) Milk	2 Chili Saltine Crackers Red Bell Pepper Strips Peach Cinnamon Roll Fruit Cocktail (9-12) Milk	3 Baked Ham Angel Biscuit & Jelly Sweet Potato Fries Green Beans Fresh Grapes Apple Honey Crisp (9-12) Applesauce (9-12) Milk	4 Macaroni & Cheese Meatballs Whole Wheat Roll & Jelly Seasoned Peas Fresh Baby Carrots Apple Salad Peaches (9-12) Milk	5
6	7 Hot Ham & Cheese on a Bun Potato Wedges Broccoli Florets Fruit Cocktail Blueberries (9-12) Milk	8 Pepperoni Pizza Tossed Salad Cherry Tomatoes Chocolate Chip Cookie Fresh Orange Pear (9-12) Milk	9 Taco Burger on a Bun Tomato Salsa Tortilla Chips (6-12) Dark Green Leaf Lettuce Tomato Slice, Refried Beans Fresh Banana Tropical Fruit (9-12) Milk	10 Lasagna Garlic Bread Stick w/Marinara Sauce Garden Salad Fresh Apple Pineapple (9-12) Milk	11 Chicken Patty Whole Wheat Roll & Honey Mashed Potatoes & Gravy Steamed Asparagus Sliced Pears Banana (9-12) Milk	12 
13	14 NO SCHOOL	15 Pork Rib on a Bun Dark Green Leaf Lettuce & Tomato Slice Sweet Potato Puffs Fresh Apples Pears (9-12) Milk	16 Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodle Blueberries (9-12) Milk	17 Chicken Quesadilla Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Refried Beans Strawberries Tropical Fruit (9-12) Milk	18 Chef Salad Garlic Breadstick Potato Wedges Peaches Banana (9-12) Milk	19
20 	21 Chicken Nuggets Seasoned Brown Rice Asian Fresh Vegetables Cherry Tomatoes Celery Sticks Tropical Fruit Grapes 9-12 Milk	22 Super Nachos Garden Salad Refried Beans Fresh Mixed Fruit Cup Mandarin Orange (9-12) Milk	23 Cheese Pizza Breadsticks w/ Marinara Sauce Seasoned Corn Tossed Salad Fresh Kiwi Pear (9-12) Milk	24 Pulled Pork Sandwich Creamy Cole Slaw Baked Beans Fresh Strawberries Peaches (9-12) Milk	25 Rock & Roll Beef Wrap Steamed Carrots Pineapple Cherry Crisp Broccoli Slaw Cherry Applesauce (9-12) Milk	26
	28 Chicken Tetrizzini Garlic Bread Tossed Salad Seasoned Peas Peaches Raspberry (9-12) Milk	29 Baked Chicken Drumstick Savory Rice Oatmeal Roll & Jelly Fresh Broccoli Cherry Tomatoes Mango Pear (9-12) Milk	30 Yummy Sloppy Joe on a Bun Roasted Red Potatoes Baked Bean Fresh Apple Peach (9-12) Milk	31 Pancakes, Sausage Patty, Hash Brown Potatoes Green Beans Fresh Grapes Yogurt, Apricot (9-12) Milk	<p>NOTES:</p> <p>* Participating in sports can build your child up... or drag them down. Make athletics a positive experience for your youngster with these strategies: * Encourage them to set goals - but make sure goals are realistic. They might aim to touch the ball three times during a game or try a move that they've been working on. * Avoid comments about your youngster's size or body. Concentrate on the friends they are making, the places they are playing, and the effort they are putting forth ("I love how you tried to get the rebound").</p>	

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