

Monday	Tuesday	Wednesday	Thursday	Friday
	1 BBQ Roasted Chicken Baked Beans Whole Grain Corn Bread Celery Sticks w/LF Ranch Dip	2 Personal Pan Pizza or Gluten Free Pizza Tossed Salad w/ LF Italian Dressing Tomato Wedges w/LF Ranch Dip	3 Sabre Fish Patty on Whole Grain Roll Fresh Cole Slaw Homemade Tartar Sauce Cuke Coins w/LF Ranch Dip	4 Loaded Tots Meat, Cheese Sauce Roasted Chic Peas Mixed Veggies w/ LF Ranch Dip
7 Popcorn Chicken BBQ Dipping Sauce Whole Grain Bread Stick Cinn. Glaze Carrots Fresh Carrots w/LF Ranch Dip	8 Chicken & Cheese Quesadilla Roasted Mex. Corn Celery Sticks w/LF Ranch Dip	9 Big Daddy's Pizza or Gluten Free Pizza Tossed Salad w/ LF Italian Dressing Tomato Wedges w/LF Ranch Dip	10 Pizza Crunchers or Jalapeno Bites Marinara Dipping Sauce Green Beans Cuke Coins w/LF Ranch Dip	11 Bacon Cheese Burger on Whole Grain Roll Lettuce & Slices Tomatoes Smile Fries Mixed Veggies w/ LF Ranch Dip
14 <i>Columbus Day</i> <i>No School</i>	15 Grilled Chicken on Roll Baked French Fries Lettuce & Slices Tomatoes Celery Sticks w/LF Ranch Dip	16 Stuffed Crust Pizza or Gluten Free Pizza Tossed Salad w/ LF Italian Dressing Tomato Wedges w/LF Ranch Dip	17 General Tso Chicken Brown Rice Steam Broccoli Cuke Coins w/LF Ranch Dip	18 <i>Staff Development Day</i> <i>No School</i>
21 Chicken Tenders BBQ Dipping Sauce Whole Grain Goldfish Pretzels Mixed Veggies Fresh Carrots w/LF Ranch Dip	22 French Toast Sticks Sausage Patty Tatar Tots Syrup Cup Celery Sticks w/LF Ranch Dip	23 French Bread Pizza or Gluten Free Pizza Tossed Salad w/ LF Italian Dressing Tomato Wedges w/LF Ranch Dip	24 Mac & Cheese Whole Grain Garlic Breadstick Green Beans Cuke Coins w/LF Ranch Dip	25 Taco Soft & Hard Lettuce, Diced Tomatoes Salsa, Sour Cream & Cheese Cup Refried Beans Mixed Veggies w/ LF Ranch Dip
28 Chicken Nuggets BBQ Dipping Sauce Whole Grain Cheez-its Buttery Corn Fresh Carrots w/LF Ranch Dip	29 BBQ Pulled Pork on Whole Grain Roll Fresh Cole Slaw BBQ Baked Beans Celery Sticks w/LF Ranch Dip	30 Homemade Pizza or Gluten Free Pizza Tossed Salad w/ LF Italian Dressing Tomato Wedges w/LF Ranch Dip	31 Ham & Cheese on Whole Grain Pretzel Roll Chicken Noodle Soup or Tomato Soup Cuke Coins w/LF Ranch Dip	

Available Daily - Sabre Warp Bar, Cheeseburger & Rich Chicks Chicken Patty on Whole Grain Roll, Asst. Big Daddy's Cheese Pizza & Bagels w/ Cream Cheese Grab 'n Go Bags w/ Uncrustable w/Cheez-Its and/or Whole Grain Dinner Roll & String Cheese Stick Chef w/LF Dressing & Whole Grain Roll & Homemade Croutons or GF Tossed Salad, GF Wraps

Free Breakfast & Lunch to all Students Daily!