

Monday

Tuesday

Wednesday

Thursday

Friday

1
 Sabre Fish Sticks
 Whole Grain Dinner Roll
 Fresh Cole Slaw
 Homemade Tartar Sauce
 Celery 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
 BBQ Roasted Chicken
 Baked Beans
 Whole Grain Corn Bread
 Cuke Coins w/LF Ranch Dip

4
 Mac & Cheese
 Whole Grain Garlic Breadstick
 Steamed Broccoli
 Mixed Veggies w/LF Ranch Dip

7
 Popcorn Chicken
 BBQ Dipping Sauce
 Whole Grain Dinner Roll
 Cinn. Glaze Carrots
 Fresh Carrots w/LF Ranch Dip

8
 Taco Soft & Hard
 Lettuce, Diced Tomatoes
 Salsa, Sour Cream & Cheese Cup
 Refried Beans
 Celery 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
 General Tso Chicken
 Brown Rice
 Steam Broccoli
 Cuke Coins w/LF Ranch Dip

11
 Mozzarella Sticks
 Marinara Dipping Sauce
 Green Beans
 Mixed Veggies w/LF Ranch Dip

14
 Columbus Day
 No School

15
 Chicken Tenders
 BBQ Dipping Sauce
 Whole Grain Goldfish Pretzels
 Hummus Cup
 Fresh Carrots 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
 Popcorn Chicken Boat
 Corn, Mashed Potato & Gravy
 Cheese Cup
 Mixed Veggies w/LF Ranch Dip

18
 Staff Development Day
 No School

21
 Chicken Nuggets
 BBQ Dipping Sauce
 Whole Grain Goldfish
 Color Crackers
 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
 BBQ Pulled Pork
 on Whole Grain Roll
 Fresh Cole slaw
 BBQ Baked Beans
 Green Peppers Sticks
 w/LF Ranch Dip

25
 Chicken Patty
 on Whole Grain Roll
 Corn
 Mixed Veggies w/LF Ranch Dip

28
 Popcorn Chicken
 BBQ Dipping Sauce
 Whole Grain Goldfish Crackers
 Buttery Corn
 Fresh Carrots w/LF Ranch Dip

29
 Cheese Burger
 on Whole Grain Roll
 Lettuce & Slices Tomatoes
 Smile Fries
 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
 Chicken Taco Salad
 Chips, Lettuce
 Salsa, Sour Cream & Cheese Cup
 Refried Beans Topped w/Cheese
 Green Peppers w/ LF Ranch Dip