

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	Beef Stew Egg Noodles Cornbread	Rice and Shredded Beef Bowl Guacamole Fresh Salsa	Flatbread Pepperoni Pizza Garlic Bread	Crunchy Chicken Strips Vegetable	Grilled Cheese Tomato Soup	
7	8	9	10	11	12	13
	Ham and Cheddar Sub Sandwich Chips	Salsa Chicken Taco Tuesday Rice	Beef and Black Bean Chili Cornbread	Spaghetti and Meatballs Garlic Breadsticks	No School	
14	15	16	17	18	19	20
	Macaroni and Cheese Peas	Pesto Chicken Polenta Vegetable	French Toast Sausage Yogurt and Homemade Granola	Turkey Wrap Sweet Potato Chips	Three Cheese Quesadilla Tortilla Chips Guacamole	
21	22	23	24	25	26	27
	Pulled Pork Sandwich Cole Slaw	Crunchy Chicken Strips Potato Salad	Rice and Shredded Beef Bowl Guacamole Fresh Salsa	Chicken and Dumpling Soup Vegetable	Breaded Fish Sandwich Cole Slaw	
28	29	30	31	1	2	3
	Creamy Potato Soup Broccoli Oyster Crackers	Chicken Quesadilla Tortilla Chips Guacamole	Vegetable Stew Cous Cous			

