

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
		Beef Stew Egg Noodles	Macaroni and Cheese Vegetable	Shredded Beef and Rice Bowl Guacamole	Cheese Ravioli Caesar Salad	
6	7	8	9	10	11	12
	Crunchy Chicken Strips Vegetable	Beef Taco Tuesday Rice	Spaghetti and Meatballs Breadsticks	Chicken Noodle Soup Broccoli Rolls	Three Cheese Quesadilla Tortilla Chips	
13	14	15	16	17	18	19
	Pulled Pork Sandwich Potato Salad	Indian Chicken Korma Rice	Beef Ravioli Vegetable	Pizza Burger Chips	Grilled Cheese Tomato Soup	
20	21	22	23	24	25	26
	Ham and Cheddar Sub Sandwich Chips	Beef and Cheese Quesadilla Rice	Chicken Alfredo with Broccoli Ceasar Salad	Grilled Turkey and Cheddar Sandwich Vegetable	Cheese Pizza Breadsticks	
27	28	29	30	31	1	2
	Beef Ravioli Vegetable	Chicken Salsa Taco Tuesday Tortilla Chips	Spaghetti and Meatballs Garlic Bread	No School		