

October

SUPPER



Monday	Tuesday	Wednesday	Thursday	Friday
Hot Dog (DF) Veggie Sloppy Joe (VG) Baby Carrots 2	Chicken Tamale (DF) Bean Cheese Quesadilla (VG) Broccoli w/Ranch 3	Chicken Potstickers (DF) Cheese Panada Pie (VG) Corn 4	Jumbo Caribbean Meatball (DF) Cheese Tamale (VG) Celery Sticks 5	Chicken Taco Trio Spaghetti Marinara (VG) Pinto Beans 6
HOLIDAY 9	Flame Broiled Cheeseburger Cheese Pizza (VG) Lettuce w/Ranch 10	Chicken Enchiladas Pasta Alfredo (VG) Corn 11	Hot Dog (DF) Veggie Chili (VG) Baby Carrots 12	Chicken Mole (DF) Cheese Lasagna (VG) Cucumber 13
Hot Dog (DF) Cheese Pizza (VG) Pinto Beans 16	Chicken Tamale (DF) Pancakes w/Omelet (VG) Corn 17	Chicken Enchiladas Pasta Alfredo (VG) Broccoli w/Ranch 18	Jerk Drumstick (DF) Bean Cheese Burrito (VG) Celery Sticks 19	Spaghetti Meatballs (DF) Cheese Tamale (VG) Baby Carrots 20
Hot Dog (DF) Cheesy Ravioli (VG) Corn 23	Chicken Potstickers (DF) Cheese Enchiladas (VG) Edamame 24	Flame Broiled Cheeseburger Cheese Pizza (VG) Lettuce w/Ranch 25	Chicken Taco Trio Italian "Sausage" Calzoni (VG) Baby Carrots 26	Meatball Sub Cheese Lasagna (VG) Cucumber 27
Sweet n Smoky Chicken Sausage Rice Bowl Cheese Enchiladas (VG) Corn 30	Buffalo Chicken Crunchadilla Fiesta Scoops (VG) Celery Sticks 31			

Did you know?

Healthy students are better learners and perform better across all levels of academic achievement – from higher grades and test scores to better concentration and memory.

