

# OCTOBER MENU 2011

1%, SKIM & SKIM CHOCOLATE MILK OFFERED DAILY

<u>Salad table includes cucumbers, diced egg, low fat vanilla yogurt, lettuce, carrots, Bl. Olives, - con't--</u>	<u>Skim Cottage Cheese, French &amp; ranch dressing, croutons, peas, celery, onions, peppers</u>			
<b>3 Chicken Gravy, biscuit, gr. beans, fruit</b>	<b>4 Hamburgers/ FF, fruit, chz slice, pickles, k,m</b>	<b>5 Ham and scalloped taters, fruit, bread, butter</b>	<b>6 Grilled chix sand, chzy broccoli, fruit, k,bbq,</b>	<b>7 Pizza Quesadilla, peas, fruit, oatmeal cookies</b>
<b>10 <u>NO SCHOOL</u></b>	<b>11 Hot turkey slices and mashed taters/gravy, fruit, bread, butter</b>	<b>12 Pork Rib, bun, fruit, ff, k-m-bbq</b>	<b>13 Mini pizza Bagels corn, fruit, jello</b>	<b>14 Stroganoff, noodles, peas, fruit, bread, butter</b>
<b>17 Sloppy Joe, bun, Au gratin taters, chz slice, fruit, pickles</b>	<b>18 Breaded Chix patty, bun, tater wedges, fruit, k-bbq, mayo, pickle</b>	<b>19 Corn dogs, O rings, cinn. Bread, fruit, k-m, butter</b>	<b>20 Goulash, green beans, sweet rolls, shredded cheese, fruit</b>	<b>21 Hot ham &amp; Chz, baked tater, fruit, shred chz, butter, s. cream, k-m pickles</b>
<b>24 Hot dogs/bun, mac &amp; Chz. Beans, fruit, k-m-relish</b>	<b>25 Spaghetti, noodles fruit, green beans, shredded, chz, bread, butter</b>	<b>26 Sub Sandwich, fruit, chips, mixed veges, mayo, pickles, <u>birthday cake</u></b>	<b>27 Chix nuggets, mash taters, gravy, fruit, k-m-fruit, bbq,honey, bread, butter</b>	<b>28 <u>NO SCHOOL</u></b>
<b>31 Chicken Tenders, tater tots, fruit, k-m-bbq, bread, butter</b>				