



School Information: Lunch
 20 Lunches @ \$2.45 = \$49.00
 Reduced 20 @ .40 = \$ 8.00



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

2
 Chicken & Noodles
 Mashed Potatoes
 Green Beans
 Fruit

Tuesday

3
 Walking Taco
 Salsa
 Corn
 Fruit

Wednesday

4
 Ham & Cheese
 Steamed Broccoli
 Fruit

Thursday

5
 Corn Dog
 Baked Beans
 Celery Sticks
 Fruit

Friday

6
 Pepperoni Pizza
 Garden Salad
 Carrots
 Fruit

9

No School
 Columbus Day

10

Hamburger Helper
 Garden Salad
 Bread Stick
 Fruit

11

Breakfast for lunch
 Sausage/egg/cheese
 Biscuit
 Emoji Potato Smiles
 Calypso Crush Juice

12

Teriyaki Chicken
 Rice
 Veggies
 Fruit

13

Ravioli
 W/meat sauce
 Calif. Blend Veggies
 Fruit

16

Chicken Fajita Wrap
 Green Beans
 Salsa
 Fruit

17

Sloppy Jo/bun
 Tater Puffs
 Carrots
 Fruit

18

Beef Taco Pie
 Refried Beans
 Salsa
 Fruit

19

Stuffed Crust Pizza
 Garden Salad
 Fruit
2:00 dismissal

20

No School
 P/T Conf.

23

Hamburgers/bun
 Fries
 Fruit

24

Chicken Nuggets
 Mac'n'cheese
 Peas
 Fruit

25

Spaghetti w/Meat Sauce
 Green Beans
 Garlic Breadstick
 Fruit

26

Hotdogs/bun
 Carrot/celery sticks
 Fruit

27

Cheese Pizza
 Fresh Veggies
 Fruit

30

BBQ Rib/bun
 Cheesy Potatoes
 Carrots
 Fruit

31

Witches Brew
 Broomsticks
 Bobbin Apples
 Halloween Treat

Chili
 Carrots
 Apples
 Peanut butter treat

