## October

### Monday

- **Breakfast:**
  - Blueberry Muffin & Omelet OR Pancake & Sausage Wrap OR
  - Celery Sticks & Grape Tomatoes
  - Baked Potato w/Cheese & Roll
  - Turkey and Cheese Lunchbox
  - Savory Green Beans
  - Watermelon Raisins
  - **Pick 2:**

- **Lunch:**
  - Natural Applesauce
  - Fresh Apple & Dried Cranberries
  - OR Potato & Egg Taco OR
  - Raw Vegetable Medley w/Ranch

- **Dessert:**
  - Blueberry Muffin & Omelet
  - Cereal, Fresh Blueberry Muffin or Yogurt

### Tuesday

- **Breakfast:**
  - Steak Fingers w/Roll
  - Egg & Cheese Protein Pack
  - Mashed Potatoes w/Gravy
  - Fresh Apple & Sliced Peaches

- **Lunch:**
  - Country Stye Green Beans
  - Mashed Potato w/Gravy
  - Mixed Green Salad w/Ranch

- **Dessert:**
  - Italian Salad*

### Wednesday

- **Breakfast:**
  - Dutch Waffle OR
  - Beef & Cheese or Cheese Nachos
  - Fried Orange & Dried Cranberries

- **Lunch:**
  - Black Bean Salad
  - Egg & Cheese Salad
  - Black Bean Salad

- **Dessert:**
  - Pan Dulce OR
  - Cheese Bagels OR

### Thursday

- **Breakfast:**
  - Pan Dulce OR
  - Cheese Bagels OR
  - Cheese Enchiladas w/Chili and Spanish Rice

- **Lunch:**
  - Biscuit & Chicken OR
  - Grilled Cheese & Tomato OR
  - Sausage & Cheese Flatbread*

- **Dessert:**
  - Sausage & Cheese Flatbread*

### Friday

- **Breakfast:**
  - Cheese Enchiladas w/Chili and Spanish Rice

- **Lunch:**
  - Mixed Green Salad w/Ranch
  - Mixed Green Salad w/Ranch

- **Dessert:**
  - Mixed Green Salad w/Ranch

### October 11 - 15 is National School Lunch Week!

### National Apple Month

Apples are a member of the rose family. The first apple tree in the United States was planted by the pilgrims when they came to the United States from Europe. It takes about 1 gallon of apple cider. Apple trees can live to be about 100 years old.

### October 15 - 21 is National School Lunch Week!

### School Nutrition Services

- **Menu Choices:**
  - **Breakfast:**
    - Milk
  - **Lunch:**
    - Entree
    - Vegetable Veggies (Pick 2)
    - Fruit (Pick 2)

- **Dessert:**
  - Yogurt & Granola Combo

### October 15 - 21 is National School Lunch Week!

### High School Breakfast & FAVS Menu

- **Menu Choices:**
  - **Breakfast:**
    - Milk
  - **Lunch:**
    - Entree
    - Vegetable Veggies (Pick 2)
    - Fruit (Pick 2)

- **Dessert:**
  - Yogurt & Granola Combo

### October 15 - 21 is National School Lunch Week!