



School Information: HAPPY FALL Y'all.
Autumn carries more gold in its pockets than all the other seasons.



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



You must choose at least one fruit or vegetable. Be sure to include at least 3-4 or all components daily.

Menu subject to change without notice.

BAKED SHEPARD'S PIE **5**
WG ROLL, BROCCOLI
CHOICE OF FRUIT

ALT: HAMBURGER WG ROLL

BEEF-A-RONI, CHEESE **6**
GARLIC STICK
STEAMED PEAS
CHOICE OF FRUIT

ALT: HAMBURGER WG ROLL

CHICKEN CHILI, WG ROLL **7**
FRENCH FRIES
HOT VEGETABLE
CHOICE OF FRUIT

ALT: HAMBURGER WG ROLL

CHICKEN FAJITA WRAP **1**
SWEET PEPPER RICE
BAKED BEANS
CHOICE OF FRUIT

ALT: PIEROGIES

TUNA SALAD ON KAISER **2**
SPINACH & TOMATO SALAD
CHEESE, STEAMED PEAS
CHOICE OF FRUIT

ALT: PIEROGIES

TEACHER'S IN-SERVICE **12**
NO SCHOOL

TACO TUESDAY & CHIPS **13**
CHEESE, SHRED LETTUCE
SALSA, BROCCOLI
CHOICE OF FRUIT

ALT: BAKED PIZZA SLICE

PIEROGIES W/ BUTTER **14**
STRING CHEESE, CARROTS
SOFT PRETZEL BITES
CHOICE OF FRUIT

ALT: BAKED PIZZA SLICE

SLICED TURKEY BREAST **15**
WG ROLL, SCALLOPED
POTATOES, BAKED BEANS
CHOICE OF FRUIT

ALT: BAKED PIZZA SLICE

MACARONI & CHEESE **16**
CHICKEN STRIPS, WG ROLL
STEWED TOMATOES
CHOICE OF FRUIT

ALT: BAKED PIZZA SLICE

SWEET & SOUR CHICKEN **19**
BROWN RICE
GREEN BEANS
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

TACO TUESDAY & CHIPS **20**
CHEESE, SHRED LETTUCE
FESTIVE BEAN SALAD
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

BAKED CHEESE PIZZA **21**
SIDE SALAD, CHICK PEAS &
TOMATOES, BROCCOLI
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

TURKEY IN GRAVY **22**
BAKED STUFFING, WG ROLL
STEAMED CORN
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

CHEESE RAVIOLI **23**
SHRED CHEESE, WG ROLL
STEAMED CARROTS
CHOICE OF FRUIT

ALT: COLD MEAT SANDWICH

CHICKEN IN GRAVY **26**
BROWN RICE, WG ROLL
STEAMED BROCCOLI
CHOICE OF FRUIT

ALT: HOTDOG WG ROLL

HAM & CHEESE PANINI **27**
SUN CHIPS, PEAS
CHOICE OF FRUIT

ALT: HOTDOG WG ROLL

PASTA w/ MEAT SAUCE **28**
SHRED CHEESE, WG ROLL
STEAMED CARROTS

ALT: HOTDOG WG ROLL

BBQ-SLOPPY JOE **29**
WG ROLL, GREEN BEANS
BABY CAKE POTATOES
CHOICE OF FRUIT

ALT: HOTDOG WG ROLL

CH. BREADSTICKS, SAUCE **30**
ROMAINE & TOMATO SALAD
KIDNEY BEANS
CHOICE OF FRUIT

ALT: HOTDOG WG ROLL