

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfasts and lunches include fruit</p>			<p align="center">1</p> <p>Breakfast: Cereal or Rice Crispy Treat w/yogurt, juice Lunch: Tuna Salad sandwich w/ snack,carrots w/ranch dip, or Buffalo Chicken Salad w/roll</p>	<p align="center">2</p> <p>Breakfast: Cereal or Egg, Sausage, & Cheese on English Muffin, juice Lunch: 2 Cheese Stuffed Cheese Sticks w/marinara dipping sauce or Assorted deli sandwich, w/ baked snack, veggies w/ ranch dip or Salad with grilled chicken, roll,</p>
<p align="center">5</p> <p>Cereal or Bagel w/ cream cheese, or Chicken Patty Sandwich or Cheese Sandwich, carrots w/ ranch thins, or Chicken salad with roll</p>	<p align="center">6</p> <p>Breakfast: Cereal or Muffin, yogurt, juice Lunch: Grilled Cheese Sandwich or Ham & Cheese Sandwich, baked chip,carrots w/ ranch dip or Salad w/Grilled Chicken & roll</p>	<p align="center">7</p> <p>Breakfast: Cereal or Breakfast Bar, yogurt, juice Lunch: Cheeseburger or Cheddar chicken & ranch wrap, baked chips,carrots w/ranch dip or Chicken Caesar Salad with roll</p>	<p align="center">8</p> <p>Breakfast: Cereal or French Toast Sticks, yogurt, juice Lunch: Grilled pork & cheese quesadilla or Tuna Sandwich, cheese-its, broccoli w/ranch dip or Salad w/Grilled Chicken & roll</p>	<p align="center">9</p> <p>Breakfast: Cereal or Egg, sausage, cheese on English Muffin, juice Lunch: Pepperoni Pizza or Assorted deli sandwich, baked snack, veggies w/ranch dip or Salad w/Grilled Chicken & roll</p>
<p align="center">12</p> <p align="center">Columbus Day</p>	<p align="center">13</p> <p>Breakfast: Cereal or Muffin, yogurt, juice Lunch: Spicy Chicken Sandwich or Ham & Cheese Sandwich, baked chip,carrots w/ ranch dip, or Salad w/Grilled Chicken & roll</p>	<p align="center">14</p> <p>Breakfast: Cereal or Breakfast Bar, yogurt juice Lunch:Shepherd's Pie with roll or Cheddar chicken & ranch wrap, baked chips,carrots w/ranch dip, or Chicken Caesar Salad with roll</p>	<p align="center">15</p> <p>Breakfast: Cereal or French Toast Sticks, yogurt, juice Lunch: Loaded Nachos, taco meat, salsa, sour cream, or Tuna Sandwich, cheese-its, broccoli w/ranch dip, or Salad w/Grilled Chicken & roll</p>	<p align="center">16</p> <p>Breakfast: Cereal or Egg, sausage, cheese on English Muffin, juice Lunch: Linguica Stick Bread Pizza, or Assorted deli sandwich, baked snack, veggies w/ranch dip or Salad w/Grilled Chicken & roll</p>
<p align="center">19</p> <p>Cereal or Bagel w/cream cheese, juice Chicken Nuggets, dipping sauce, or Cheese Sandwich, carrots w/ ranch thins, or Chicken salad with roll</p>	<p align="center">20</p> <p>Breakfast: Cereal or Muffin, yogurt, juice Lunch:B.B.Q Pork Patty Sandwich or Ham & Cheese Sandwich, baked chip,carrots w/ ranch dip or Salad w/Grilled chicken & roll</p>	<p align="center">21</p> <p>Breakfast: Cereal or Breakfast Bar yogurt,juice Lunch: Corn Dog or Cheddar chicken ranch wrap, baked chips,carrots w/ranch dip or Beef & Cheese Burrito over nachos w/ salsa, sour cream or Chicken Caesar Salad with roll</p>	<p align="center">22</p> <p>Breakfast: Cereal or French Toast Sticks, yogurt, juice Lunch: Penne pasta w/meat sauce, roll, or Tuna Sandwich, cheese-its, broccoli w/ranch dip or Salad w/Grilled Chicken & roll</p>	<p align="center">23</p> <p>Breakfast: Cereal or Egg, sausage, cheese on English Muffin, juice Lunch: Cheese Pizza or Assorted deli sandwich, baked snack, veggies w/ranch dip or Salad w/Grilled Chicken & roll</p>
<p align="center">26</p> <p>Cereal or Bagel w/cream cheese, juice Chicken Patty Sandwich or Cheese Sandwich, carrots w/ ranch thins, or Chicken salad with roll</p>	<p align="center">27</p> <p>Breakfast: Cereal or Muffin, yogurt, juice Lunch: Bacon Cheeseburger or Ham & Cheese Sandwich, baked chip,carrots w/ ranch dip, milk & fruit, or Salad w/Grilled chicken & roll</p>	<p align="center">28</p> <p>Breakfast: Cereal or Breakfast Bar, yogurt, juice Lunch: Chicken & broccoli alfredo over pasta w/ roll or Cheddar chicken ranch wrap, baked chips,carrots w/ranch dip, or Chicken Caesar Salad with roll</p>	<p align="center">29</p> <p>Breakfast:Cereal or French Toast Sticks, yogurt, fruit Lunch: Hot Turkey w/stuffing sandwich or Tuna Sandwich, baked chips, broccoli w/ranch dip or Grilled chicken salad with roll</p>	<p align="center">30</p> <p>Breakfast: Cereal or Egg, sausage & Cheese, juice or Lunch: Pepperoni Pizza or Assorted deli sandwich, baked snack, veggies w/ranch dip or Salad w/Grilled Chicken & roll</p>
