

OCTOBER, 2019

monday	tuesday	wednesday	thursday	friday
	TACO TUESDAY whole wheat soft shells, shredded chicken, black beans, brown rice, salsa, lettuce, cheddar and sour cream tortilla chips	BREAKFAST DAY cinnamon rolls scrambled eggs homefries bananas	STUDENT CHOICE will be announced on Mondays	PIZZA DAY whole wheat dough meatball, bacon or cheese fresh pasta salad
PASTA DAY baked gnocchi blush sauce ricotta, mozzarella and parmesan side of broccoli	NACHO DAY diced chicken black beans lettuce salsa cheddar sour cream sweet corn cake	BREAKFAST DAY waffles hash browns turkey sausage fresh berry syrup	NO SCHOOL	NO SCHOOL
PASTA DAY chicken paprikash fresh spaetzel creamy paprika sauce steamed veggies	BURRITO BOWLS diced chicken, cilantro rice, black beans, salsa, lettuce, cheddar and sour cream tortilla chips	BREAKFAST DAY sausage biscuits and gravy cheesy eggs	grilled cheese sandwich on wheat bread baked crinkle fries tomato soup	PIZZA DAY whole wheat dough meatball, bacon or cheese fresh pasta salad
PASTA DAY macaroni and cheese steamed broccoli multigrain bread	ENCHILADAS stuffed with beef and cheddar baked in wheat tortilla cilantro lime rice	BREAKFAST DAY assorted muffins whole fruit cheesy eggs yogurt parfaits	STUDENT CHOICE will be announced on Mondays	PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies
PASTA DAY penne marinara fresh veggies garlic toast	PORK CARNITAS whole wheat soft shells honey cornbread cilantro rice	BREAKFAST DAY oatmeal blueberry bread hash browns fruit	BBQ CHICKEN BREAST green beans rice pilaf cherry cobbler	

