

# October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 Taco Day!</b> <b>Whole wheat soft shells, Cheddar cheese, black beans, brown rice, salsa and Sour cream. With tortilla chips.</b> 80 cal, 2g fat, 13g carb, 3g pro 55 cal, 2g fat, 8g carb, 1 g pro Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans	<b>2 Breakfast day</b> <b>Jumbo Cinnamon rolls</b> 250 Cal, 14g Fat, 27g Carb, 4g Pro 170 Cal, 14g Fat, 1g Carb, 10g pro <b>hash browns</b> 75 Cal, 1g Fat, 15g Carb, 2g Protein	<b>3</b>  <b>Student Choice</b>	<b>4 Pizza Day</b>  <b>Meatball, bacon, or cheese.</b> 300 Cal, 12g Fat, 31g Carb, 16g Pro (cheese/meatball) 230 Cal, 6g Fat, 31g Carb, 10g Pro (cheese/veggie) 210 Cal, 6g Fat, 29g Carb, 10g Pro (cheese only) CARROT STICKS. 35 Cal, 0g Fat, 8g Carb, 1g Pro
<b>7 Baked Gnocchi</b> <b>With a blush sauce and mozzarella cheese. Warm multigrain garlic toast.</b> 160.0 cal fat 2.0g carbs 31.0g pro 5.0g Bread 120 cal, 2g fat 20g carb 5g pro Broccoli cal 98.3 fat 1.1 carb 0.0 pro 6.7	<b>8 Nacho Day</b>  Diced chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans 80 cal, 2g fat, 13g carb, 3g pro	<b>9 Breakfast Day!</b> 95 Cal, 4g Fat, 13g Carb, 2g Pro HOMEMADE BERRY SYRUP (2 tbsps) 100 Cal, 0g Fat, 25g Carb, 0g Pro SCRAMBLED EGGS 120 Cal, 8g Fat, 1g Carb, 11g Protein TURKEY SAUSAGE 45 cal, 3g fat, 0g carb, 4g pro	<b>10</b>  <b>NO SCHOOL</b>	<b>11</b>  <b>NO SCHOOL</b>
<b>14 Chicken Paprikash, with Spaetzels</b> 400 Cal, 20g Fat, 30g Carb, 24g Protein <b>and Warm wheat rolls.</b> 120 Cal, 2g Fat, 20g Carb, 5g Protein	<b>15 Burrito Bowls</b>  80 cal, 2g fat, 13g carb, 3g pro 55 cal, 2g fat, 8g carb, 1 g pro Shredded chicken Cal,3g fat 0g carb 24 g pro Brown rice 130 cal, 1g fat, 28 carb 3 g pro Lettuce, salsa, sour cream, cheese 140 cal, 12g fat, 2g carb, 6g pro Black beans	<b>16 SAUSAGE BISCIUTS AND GRAVY</b> Sausage Biscuit with gravy (1 whole biscuit) 215 Cal, 8g Fat, 32g Carb, 4g Pro WITH HOMEMADE JAM 60 Cal, 0g Fat, 15g Carb, 0g Protein SCRAMBLED EGGS Cal, 8g Fat, 1g 120 Carb, 11g Protein	<b>17 GRILLED CHEESE ON WHOLE WHEAT</b> 275 Cal, 14g Fat, 28g Carb, 9g Pro <b>BAKED CRINKLE FRIES</b> 100 Cal, 3g Fat, 15g Carb, 3g Pro <b>AND A SIDE OF VEGGIES.</b> 30 Cal, 0g Fat, 6g Carb, 2g Pro	<b>18 Pizza Day!</b> <b>Whole wheat dough</b> <b>Meatball, bacon, or cheese.</b> <b>With Fresh pasta salad.</b>
<b>21 Mac And Cheese</b> Mac and cheese cal 170.3 fat 5.8g carbs 23.2g pro 6.2g cornbread cal 20 fay .66g carbs 2.96g pro .47g	<b>22 Enchiladas</b> Cal 350.0 fat 9.0g carbs 40.0g pro 27.0g brown rice 130 cal, 1g fat, 28 carb, 3g pro	<b>23 Breakfast Day</b> <b>Blueberry muffin</b> 95 Cal, 4g Fat, 13g Carb, 2g Pro SCRAMBLED EGGS WITH CHEESE 185 Cal, 13g Fat, 1g Carb, 16g Pro TURKEY SAUSAGE. 45 cal, 3g fat, 0g carb, 4g pro	<b>24</b>  <b>Student Choice</b>	<b>25 Pizza Day!</b> <b>Whole wheat dough</b> <b>Meatball, bacon, or cheese</b> <b>With fresh veggies.</b>

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<p><b>28 Penne</b> whole grain penne pasta with marinara 100 Cal, 3g Fat, 15g Carb, 3g Pro Whole grain garlic bread 120 Cal, 2g Fat, 20g Carb, 5g Pro Fresh steamed veggies 30 Cal, 0g Fat, 6g Carb, 2g Pro</p>	<p><b>29 Carnita Bowls</b> 370 Cal, 9g fat, 50g carb, 22g protein <b>Tortilla chips.</b> 140 Cal, 7g fat, 16g carb, 2g protein <b>With sweet corn cake.</b> 100 cal, 1g fat, 22g carb, 1g protein .</p>	<p><b>30</b></p>	<p><b>31 BBQ Chicken Breast</b> <b>With rice pilaf green beans and corn</b> 315 Cal, 14g Fat, 15g Carb, 32g Pro 150 Cal, 5g Fat, 23g Carb, 2g protein <b>Cherry cobbler</b></p>	
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