

October 2018

1
2-Tuesday
Creamy Macaroni
and Cheese, broc-
coli and cauliflower,
Fruit salad
Middle School Field
trip
4- Wednesday
Chili, cheese and
crackers and a
cookie

8-Monday
Made your way
sandwich, chips,
fruit
(Please list what is
preferred on sand-
wich)- NO MEAT
9- Tuesday
Vegetable fried rice
Egg roll
Crispy noodles

15-Monday
Fettuccini Alfredo
With broccoli, car-
rots and cauliflow-
er, roll
16-Tuesday
Mexican Fiesta
Bean burrito, salad
Salsa and chips,
18- Thursday-
Basil Pesto
Pasta (no nuts)
Zucchini and
squash, cherry to-
matoes,
Lemon ice

23-Tuesday
Fall Themed Fon-
due
Fall Veggies, fruit
with cheese and
caramel dipping
sauces
29- Monday
Pumpkin pancakes,
Hashbrown, warm
spiced apples
Orange juice
31-Wednesday
Halloween Theme
Monster Tacos
Bat wing nachos
Mummy cupcake