


OCTOBER

MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Cereal bowl, mini maple bar, fruit, juice	3 Breakfast sandwich, fruit, juice	4 Cereal bowl, yogurt, fruit	5 Oatmeal, raisins, muffin, fruit	6 Pancakes, berries, fruit
Spaghetti, bread stick, salad, fruit	Teriyaki chicken, rice, oriental veggies, carrots, mandarins	Roast turkey, mashed potatoes, green beans, roll, fresh fruit	Taco, refried beans, carrots, melon	Pizza, salad, breadstick, fruit
9 Cereal bowl, toast, fruit, juice	10 Cereal bowl, yogurt & granola, fruit	11 French toast, warm cinnamon apples, juice	12 Texmex scrambled eggs, tortilla, fruit, juice	13 Oatmeal, maple bar, fruit
Toasted cheese sandwich, tomato soup, veggies & dip, applesauce	Ravioli, garlic roll, salad, fruit	Chili cheese nachos, salad, fruit	Chicken nuggets, roll, baked potato, salad, fruit	Hamburger, baked beans, carrots, melon
16 Hard-boiled eggs, muffin, juice	17 Waffle sticks, fruit, juice	18 Cereal bowl, breakfast bar, fruit	19 Cereal bowl, yogurt, fruit	20 Breakfast pizza, fruit, juice
Fajita chicken taco, Spanish rice, fruit	Baked potato bar, swirl roll, fruit	Egg salad or tuna sandwich, chicken noodle soup, veggies & dip, applesauce	Chef salad or turkey sandwich, swirl roll, cucumbers, apples	Breakfast for Lunch!
23 French toast, fruit, juice	24 Oatmeal, scrambled eggs, toast, fruit	25 Cereal bowl, bagel with cream cheese, fruit	26 Pancakes, berries, juice	27 Breakfast burrito with salsa, fruit, juice
Chicken & noodles, green beans, rolls, fruit	Toasted cheese sandwich, tomato soup, veggies & dip, applesauce	Pulled pork sandwich, potato wedges, veggies & dip, apples	Deli sandwich, soup, salad, oranges	Chicken patty sandwich, baked beans, veggies & dip, fruit
30 Cereal bowl, yogurt cup, fruit, juice	31 <i>Breakfast in the dark!!</i> <i>Tater goat casserole or mummy sticks, witch warts, vampire teeth, alien jet fuel</i>		The senior citizens of our communities are invited to join us at the Wilson Creek School for lunch each Tuesday and Thursday at 12:30 p.m. for \$3.75.	BREAKFAST: Reduced = No charge P-6 = \$1.50 • 7-12 = \$1.75 LUNCH: Reduced = 40¢ P-6 = \$2.25 • 7-12 = \$2.75

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