

October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Sloppy Joes, sweet potato tots, green beans, grapes	1 Chicken and rice bowl, oatmeal rolls, California veggies, apples, bananas	2 Dorito Casserole, peas, strawberries and bananas, banana bars	3 Beef and vegetable soup, crackers, quinoa salad, garden salad, baked apples	4 Chicken pot pie, angel biscuits, raw veggies with creamy dip, fruit salad	5
6	7 Spaghetti w/meat sauce, garlic bread, roasted summer squash, peaches	8 Chicken Corn Chowder, oatmeal cinnamon bread, Caesar salad, oranges	9 Schmeckfest sausage, Kase Knopf, broccoli, fried potatoes, apples	10 Eagle Tostada on corn tortilla, squash casserole, carrot sticks, bananas	11 NO SCHOOL PT conferences	12
13	14 Meatloaf, WW bread, baby potato persillade, glazed carrots, oranges	15 Potato soup w/bacon, corn bread, mixed vegetables, apples	16 Chicken wrap, savory rice, peas, bananas	17 Meatball sub, stir fried cabbage and edamame, garden salad, peach cups	18 Chicken with broccoli and garlic sauce, blueberry oat muffin, tomatoes and cucumbers, pears	19
20	21 New Orleans chicken, brown rice, green beans, white chocolate chip cookie, apples	22 Pork sandwich, sweet potato fries, corn and carrots, bananas	23 Chicken strips, hash brown patties, spinach salad, orzo pasta w/green peas, yellow cake, apple sauce	24 Shepherd's pie, Italian cheese bread, 2 bean salad, carrot sticks, grapes	25 Chicken noodle soup, cinnamon roll, tater tots, fruit salad	26
27	28 Chicken curry, couscous, corn, bananas, cherry crisp	29 Minestrone soup, cheese breadsticks, Caesar salad, canned pears	30 Chicken soft taco, romaine lettuce, tomatoes, blueberry parfaits, apples	31 Ham and veggie quiche, sausage links, macaroni salad, oranges	Korean BBQ turkey, WW bread, mashed potatoes, Cali mixed veggies, fruit salad	