

YOUNG K-5 OCTOBER MENU

ISPY SPOOKY FUN!

On this page, I see 2 mummies, 2 joyful ghosts, 3 soaring bats, 2 concealed cats, 3 cheerful pumpkins, 4 lively skeletons, and 5 watchful skulls.

Helpful Hints are on the second page

MONDAY



6 **Breakfast**
Loaded Breakfast Burrito or Cereal
Offered with each choice Chilled Pears/Juice
Lunch
Pepperoni Pizza or Cheese Pizza
Offered with each Choice Steamed Green Beans Cookie

TUESDAY

7 **Breakfast**
Assorted Muffin Bread or Cereal
Offered with each choice Orange Wedges/Juice
Lunch
Pancakes & Sausage or Pancakes & Cheese Sticks
Offered with each Choice Hashbrown Patty Yogurt Cup Juice

WEDNESDAY

1 **Breakfast**
Raspberry PBJ or Sun Butter & Fruit topping Or Cereal
Offered with each choice Orange Wedges/Juice
Lunch
Pepperoni Hot Pocket or Cheese Wedge Pizza
Offered with each Choice Potato Wedges

THURSDAY

2 **Breakfast**
Biscuit Breakfast Bowl or Cereal
Offered with each choice Banana/Juice
Lunch
Chicken Fried Chicken & Potatoes or Grilled Cheese Sandwich
Offered with each Choice Steamed Mixed Veggies

FRIDAY

3 **Breakfast**
Fresh Cinnamon Rolls or Cereal
Offered with each choice Apples/Juice
Lunch
Beef Taco or Bean & Cheese Burrito
Offered with each Choice Steamed Corn

13 **Breakfast**
French Toast Sticks or Cereal
Offered with each choice Assorted Fruit Cup/Juice
Lunch
Chicken Nuggets or Cheese Bites
Offered with each Choice Tater Tots

14 **Breakfast**
Cheese Omelet w/ Biscuit or Cereal
Offered with each choice Chilled Pears/Juice
Lunch
Swiss Dunker Sandwich or Spaghetti w/ Cheese
Offered with each Choice Steamed Green Beans

15 **Breakfast**
Strawberry Parfait w/ Graham or Cereal
Offered with each choice Orange Wedges/Juice
Lunch
BBQ Chicken Bomb or Veggie Wrap
Offered with each Choice Curry Fries

16 **Breakfast**
Assorted Scone & Yogurt or Cereal
Offered with each choice Banana/Juice
Lunch
Turkey & Gravy w/ Potatoes or PBJ & Sun Butter Sandwich w/ cheesestick
Offered with each Choice Steamed Mixed Veggies

17 **Breakfast**
Pizza Puff or Cereal
Offered with each choice Apples/Juice
Lunch
Super Burrito or Cheese Quesadilla
Offered with each Choice Steamed Corn Cilantro Rice

MONDAY

Veggie Beans
Leaf Lettuce
Baby Carrots
Dried Fruit
Applesauce
Fresh Fruit

TUESDAY

Leafy Green Salad
Dry Noodles Topper
Kidney Beans
Tomato & Broccoli
Chilled Pears
Fresh Fruit Choice
Fresh Mango Dressing

WEDNESDAY

Leafy Green Salad
Carrots & Celery
Fresh Peas
Bell Peppers
Chilled Peaches
Fresh Fruit Dressing

THURSDAY

Green Lettuce
Pickles
Pepperoncini Peppers
Tomato Slices
Baby Carrots
Chilled Fruit
Fresh Fruit Dressing

FRIDAY

Iceberg Lettuce
Salsa
Jalapeño Peppers
Olives
Fiesta Pinto Beans
Cucumber Slices
Shredded Cheese
Fresh Pineapple

