

OCTOBER 2016

<p>3 EM2 K-8 Stew Spinach Corn Macaroni Pears Milk – Variety</p> <p>9-12 SAME</p>	<p>4 ET6 K-8 Roast Beef Carrots Green Beans Bread Stuffing Wholegrain Bread Pineapple Delight Brown Gravy Margarine Cranberry Sauce Milk – Variety</p> <p>9-12 Add: Pineapple</p>	<p>5 EW1 K-8 Ham & Bean Soup Ham Sandwich Tomato Cucumber Onion Salad Diced Mixed Fruit Cup Mayonnaise Milk – Variety</p> <p>9-12 Add: Baked Potato Chips</p>	<p>6 ER1 K-8 Pork Stir Fry Herbed Cauliflower Brown Rice Parboiled Peaches Milk – Variety</p> <p>9-12 SAME</p>	<p>7 EF2 K-8 Chicken Salad Tossed Salad Pasta Salad Oatmeal Raisin Cookie Frozen Unsweet Strawberries Italian Fat Free Dressing Milk – Variety</p> <p>9-12 Add: Garlic Toast</p>
<p>10 BM2 K-8 Country Fried Steak Fries Broccoli Wholegrain Bread Mixed Fruit Ketchup Milk – Variety</p> <p>9-12 SAME</p>	<p>11 BT4 K-8 Tomato Soup Toasted Cheese Sandwich Mixed Vegetables Raisins Milk – Variety</p> <p>9-12 SAME</p>	<p>12 BW3 K-8 Ham & Beans Wholegrain Bread Lettuce Tomato Cheese Salad Peaches Yogurt Margarine Jelly Fat Free Ranch Dressing Milk – Variety</p> <p>9-12 Add: Diced Mixed Fruit Cup</p>	<p>13 BR3 K-8 Chili with Kidney Beans Green Beans Cornbread Mandarin Oranges Margarine Milk – Variety</p> <p>9-12 SAME</p>	<p>14 BF1 K-8 Hamburger Whole Grain Bun Copper Penny Carrots Lettuce and Tomato Diced Mixed Fruit Cup Ketchup Milk – Variety</p> <p>9-12 Add: Cheese on burger</p>

<p>17 AM3 K-8 Wholegrain Chicken Patty Potato Wedges Broccoli Cornbread Pears Ketchup Milk – Variety</p> <p>9-12 Add: Banana</p>	<p>18 AT3 K-8 Tuna Salad Sandwich Tossed Salad Vanilla Ice Cream Fruit Cocktail Light Italian Dressing Milk – Variety</p> <p>9-12 Add: Baked Potato Chips Peaches</p>	<p>19 AW3 K-8 Spaghetti & Meat Sauce Black Beans Mixed Fruit Milk – Variety</p> <p>9-12 Add: Garlic Toast Apricots</p>	<p>20 STAFF DEVELOPMENT DAY NO STUDENTS</p>	<p>21 STAFF DEVELOPMENT DAY NO STUDENTS</p>
<p>24 DM3 K-8 Chicken Parmesan Peas Garlic Toast Mandarin Oranges Milk – Variety</p> <p>9-12 Add: Vanilla Pudding Cup</p>	<p>25 DT3 K-8 Ground Beef Stroganoff Carrots Noodles Peaches Milk – Variety</p> <p>9-12 SAME</p>	<p>26 DW4 K-8 Turkey Burger on Bun Coleslaw Baked Beans Pears Ketchup Milk – Variety</p> <p>9-12 Add: Baked Potato Chips</p>	<p>27 DR2 K-8 Breaded Fish Portion Raw Tomatoes Broccoli Brown Rice Pilaf Banana Orange Juice Milk – Variety</p> <p>9-12 Add: Cheese sauce to broccoli</p>	<p>28 DF2 K-8 Ham Rotini Herbed Cauliflower Garlic Toast Spiced Peaches Milk – Variety</p> <p>9-12 Add: Yogurt</p>

31 CF3 K-8 Chicken Tetrazzini Peas & Carrots Garlic Toast Apricots Milk – Variety 9-12 SAME				
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