

# October

## Primary

Available with all meals:

- 1% or Nonfat Milk (Lactose Free Milk Available upon written request)
- Chocolate Milk at Lunch on Wednesdays and Breakfast on Thursdays
- Variety of Fruits & Vegetables
- Uncrustable as a second-choice lunch option available daily



Monday	Tuesday	Wednesday	Thursday	Friday
September 30 <b>Mini Bagels</b> Chicken Fried Steak Mashed Potatoes Gravy <i>** Taste Washington Week</i>	<sup>1</sup> <b>French Toast Sticks</b> Loaded Nachos with the options of Turkey Taco Meat, Shredded Cheddar, Cheese Sauce, Refried Beans, etc	<sup>2</sup> <b>Bagel &amp; Cream Cheese</b> BBQ Lil' Smokies Soft Pretzel with Cheese Sauce	<sup>3</sup> <b>Peaches &amp; Cream Waffle Dunkers</b> Grilled Cheese & Tomato Soup	<sup>4</sup> <b>Chocolate Donut</b> Turkey Corn Dog BBQ Baked Beans
<sup>7</sup> <b>Waffles</b> BBQ Pulled Pork Sandwich Coleslaw	<sup>8</sup> <b>Homemade Pumpkin Muffin &amp; Yogurt</b> Beef Teriyaki Dippers Brown Rice	<sup>9</sup> <b>Pancakes</b> Homemade Chicken Pot Pie	<sup>10</sup> <b>Cheddar Pretzel Stick</b> Pasta & Meatballs	<sup>11</sup> <b>Cinnamon Roll</b> Chicken Patty Sandwich
<sup>14</sup> <b>Mini French Toast</b> Bronze- Hot Dog Tater Tots <i>National School Lunch Week</i>	<sup>15</sup> <b>English Muffin &amp; Sausage Patty</b> Silver- Chicken Strips Mashed Potatoes & Gravy <i>National School Lunch Week</i>	<sup>16</sup> <b>Apple Stick</b> Gold- Keith's Famous Pizza Cheese or Pepperoni Caesar Salad <i>National School Lunch Week</i>	<sup>17</sup> <b>Breakfast Corn Dog</b> Platinum- Deluxe Hamburgers with the option of Cheddar Cheese, Tomato, Lettuce, & Pickles <i>National School Lunch Week</i>	<sup>18</sup> <b>Data Day No School</b>
<sup>21</sup> <b>Poptart &amp; Hard-Boiled Egg</b> Cheese Quesadilla Mexican Corn	<sup>22</sup> <b>Bacon Scramble Breakfast Pizza</b> Homemade Chicken Noodle Soup Breadstick	<sup>23</sup> <b>Apple Cinnamon Toast</b> Breakfast Sandwich with the options of Egg, Sausage, & Cheese	<sup>24</sup> <b>Smoothie &amp; Grahams</b> Lasagna Roll Up Italian Veggies	<sup>25</sup> <b>Dutch Waffle</b> Chicken Nuggets Whole Grain Sun Chips
<sup>28</sup> <b>Mini Blueberry Waffles</b> Homemade Macaroni & Cheese Sunflower Seeds	<sup>29</sup> <b>Oatmeal &amp; Sausage Links</b> Orange Chicken Yakisoba Noodles	<sup>30</sup> <b>Filled Soft Cereal Bar</b> Sloppy Joe Potato Salad	<sup>31</sup> <b>Ubr Parfait</b> Chicken Shawarma Flatbread	Dia de los Muertos November 1 <b>Churros</b> Enchiladas Mexican Corn Refried Beans

A meal must include 3 of the 5 following choices: meat or meat alternative, grain, fruit, vegetable and milk

Students must take at least ½ cup of fruit or vegetables with their meal

Menu is subject to change due to product availability

SIA is an equal opportunity provider