

# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 Hot Ham &amp; Cheese</b>  Hashbrowns Mix Veggies & Cheese Pears	<b>2 Chicken Patty Sandwich</b>  French Fries Baby Carrots Applesauce	<b>3 Taco Salad</b> Refried Beans Corn Fruit Mix  	<b>4 Pork Tenderloin</b>  Ranch Potato Wedges Green Beans Fresh Fruit SideKicks Fruit Slushie	<b>5 Corn Dog</b>  Tater Tots Green Beans Fresh Apple
<b>8 BBQ McRib</b>  Curly Fries Broccoli & Cheese Peaches  	<b>9 Popcorn Chicken</b> w/Whole Grain Roll  Mashed Potatoes Corn Pears	<b>10 Spaghetti</b> w/ Meat Sauce & Garlic Breadstick  Garden Salad Fresh Oranges	<b>11 French Toast Sticks</b> *Jones Farms <b>Sausage Links</b> Hashbrowns *Country View Dairy <b>Strawberry Yogurt</b> Fruitables Juice *Locally Grown Apple	<b>October 11 is</b> <b>Iowa</b> <b>Local Foods Day</b> <a href="https://www.iowalocalfoodday.org/">https://www.iowalocalfoodday.org/</a>  <i>*These food items raised or grown and processed by Local area Farmers</i>  
<b>Each meal includes a choice of 1%, skim or chocolate milk</b>				
<b>15 Cheesy Lasagna Roll-Up</b> w/ Garlic Breadsticks Green Beans Baby Carrots & Dip Pears	<b>16 Chicken Nuggets</b> w/Whole Grain Roll  Mashed Potatoes Corn Peaches	<b>17 Mandarin Orange Chicken</b> w/ Rice Stir Fried Veggies Fresh Side Salad Mandarin Oranges	<b>18 Bacon Cheeseburger</b> w/ Romaine and Lettuce Sun Chips & Corn Fresh Oranges Jell-O Cake	<b>19 Chicken Quesadilla</b>  Potato Oles Refried Beans Pineapple  
<b>National School Lunch Week, October 15-19</b>				
<b>22 Chicken &amp; Gravy Buttered Noodles</b> w/Whole Grain Roll Sweet Green Peas Applesauce	<b>23 Sloppy Joe</b>  Seasoned Waffle Fry Broccoli & Cheese Fresh Fruit SideKicks Fruit Slushie  	<b>24 Pizza Cruncher</b>  Fresh Side Salad Green Beans Fresh Apple	<b>25 Walking Taco</b>  Cheesy Mexican Rice Corn Fresh Oranges	<b>26 Cheddarwurst or Hot Dog</b>  French Fries Baby Carrots Pears
<b>29 Chicken Strips</b> w/Whole Grain Roll  Mashed Potatoes Corn Peaches	<b>30 Chicken Noodle Soup &amp; Grilled Cheese</b> w/Crackers  Baby Carrots Fruit Mix	<b>31 BBQ Pulled Pork</b>  Mix Veggies & Cheese Fresh Side Salad Strawberries  	 <b>Pizza Every Day!!!</b> Daily 2nd Entree will be a PIZZA product Middle School and High School Only	<b>October</b> is <b>NATIONAL FARM to SCHOOL MONTH</b> 