



# OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
Please bear with us, as we try and stay as close to the menu as possible. Due to supply, items may not be available and we will have to substitute with another.		<b>BreakFast</b> In addition to what is on the menu, we also offer: <b>Breakfast Bars, Poptarts, Fresh Fruit &amp; Juice</b>		<b>10/1 - Day A5</b> <u>Breakfast Pizza</u> Philly Cheese Steak Sandwich Whole Grain Bun Baked Beans Mixed Veggies Peaches
<b>10/4 - Day B6</b> <u>Cereal, Toast</u> Meatball Sub Whole Grain Bun Broccoli Mixed Veggies Applesauce	<b>10/5 - Day A1</b> <u>Egg Omelet, Toast</u> Pizza Green Beans Carrots Pineapple	<b>10/6 - Day B2</b> <u>French Toast, Sausage</u> Walking Taco Lettuce/Cheese Sauce Salsa/Sour Cream Corn Mixed Fruit	<b>10/7 - Day A3</b> <u>Mini Bagel w/Cream Cheese</u> Popcorn Chicken JR/SR PB&J Carrots Broccoli Normandy Sidekick	<b>10/8 - Day B4</b> <u>Breakfast Pizza</u> Hot Dog Whole Grain Bun Baked Beans Coleslaw Peaches
<b>10/11 - Day A5</b> <u>Cereal, Toast</u> Cheeseburger Whole Grain Bun French Fries Baby Carrots Mandarin Oranges	<b>10/12 - Day B6</b> <u>Omelet Taco</u> Goulash, Cottage Cheese Bread Lettuce/Dressing Corn Pears	<b>10/13</b> <b>No School - Teacher PD</b>	<b>10/14 - Day A1</b> <u>Long John</u> Fish Shapes JR/SR PB&J Mixed Veggies Strawberries	<b>10/15 - Day B2</b> <u>Breakfast Pizza</u> Chicken Patty w/Cheese Whole Grain Bun Baked Beans Peas Peaches
<b>10/18 - Day A3</b> <u>Cereal, Toast</u> Corn Dog Broccoli Mixed Veggies Applesauce	<b>10/19- Day B4</b> <u>Egg Bites, Biscuit</u> Taco Softshell/Hardshell Taco Lettuce/Cheese/Salsa Black Bean Taco Fies Pears	<b>10/20 - Day A5</b> <u>Biscuits/Sausage Gravy</u> Chicken Alfredo Bread Lettuce/Dressing Green Beans Pears	<b>10/21 - Day B6</b> <u>Cinnamon Bun</u> Beef Teriyaki Dippers JR/SR PB&J Carrots Broccoli Normandy Sidekick	<b>10/22 - Day A1</b> <u>Breakfast Pizza</u> Z-Rib Patty Whole Grain Bun Baked Beans Corn Peaches
<b>10/25 - Day B2</b> <u>Cereal, Toast</u> Hot Ham/Cheese Whole Grain Bun Broccoli Mixed Veggies Mandrain Oranges	<b>10/26 - Day A3</b> <u>Egg/Sausage/Cheese Biscuit</u> Chicken Fajita/Soft Shell Lettuce/Cheese Salsa Corn Pineapple	<b>10/27 - Day B4</b> <u>Pancakes, Sausage</u> Mac & Cheese JR/SR - PB&J Peas Green Beans Mixed Fruit	<b>10/28 - Day A5</b> <u>Chocolate Donut</u> Elm. - Chicken Tangerine JR/SR - Honey Sriracha Chicken Lo Mein Noodles Mixed Veggies Strawberries	<b>10/29 - Day B6</b> <u>Breakfast Pizza</u> Witch's Brew (Chili) Cinnamon Roll Carrots/Celery Sidekick

**1% White Milk, Skim Chocolate Milk, and Water are offered with both meals. The elementary lunch substitution will be a sunbutter sandwich with jelly.**

\*This institution is an equal opportunity provider. A complete "Non-Discrimination Statement" may be found at [www.mstm.us](http://www.mstm.us) under the lunch tab.