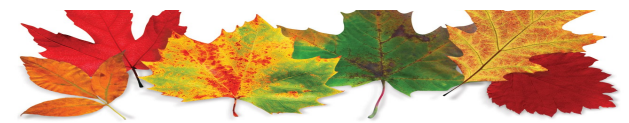


OCTOBER 2015 SECONDARY MENU



	TUE	WED	THUR	FRI	SAT	
			1 Tacos Red Bell Peppers Pinto Beans Spanish Rice Strawberries w/ Cream	2 Chicken Parmesan Salad Cucumbers Apricots		
Don't forget to eat a variety of vegetables	5 Chicken Sandwich Lettuce Sweet Potato Gems Fresh Pear	6 Frito Pie Corn Celery w/ Peanut Butter Fruit	7 Wrap Lettuce & Tomatoes Ranch Style Beans Sliced Peaches	8 Salisbury Steak Mashed Potatoes w/ Brown Gravy Roll Flavored Applesauce		9 NO SCHOOL FALL BREAK
	12 NO SCHOOL	13 Oriental Chicken Bok Choy Stir Fry Veggies Rice Mixed Fruit	14 Breakfast for Lunch Scrambled Eggs Tater Tots Sausage Patty Toast Fruit	15 Beef Enchiladas Lettuce & Tomatoes Pinto Beans Fresh Apple	16 Chef Salad Cucumbers Banana	
		19 Cheeseburger Lett Tomatoes Curly Fries Fruit	20 Nachos Red Bell Peppers Great Northern Beans Cauliflower Fruit	21 Chicken Nuggets Salad Mashed Potatoes Country Gravy Roll Sliced Apples	Oct 22 nd & 23 rd NO SCHOOL Parent/Teacher Conferences	
And gets lots of exercise	26 Chicken Sandwich Sweet Potato Fries Snow Peas Cinnamon Apples	27 Spaghetti Salad Italian Blend Veggies Garlic Cheese Breadstick Mandarin Oranges	28 Hot Dog Ranch Style Beans Tater Tots Banana	29 Grilled Cheese Sandwich Vegetable Soup Tomatoes Fruit	30 Sub Sandwich Lettuce & Tomato Broccoli Sliced Pears	Happy Halloween

A variety of milk served daily