October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken Nuggets Smiley Fries	2 Tony's Pizza Choices Tossed Salad
5 Hot Ham & Cheese Potato Wedges	6 Chicken Burrito Bowl Brown Rice Black Beans	7 Chicken Pesto Pasta W.G. Breadstick	8 Hot Dogs Vegetarian Baked Beans	9 **NO SCHOOL** Workshop Day
12 **NO SCHOOL** Indigenous People's Day	13 Chicken Nachos Black Beans Salsa	14 American Chop Suey Garlic Knot Spinach	15 Chicken Burger Sweet Potato Fries	16 French Bread Pizza Caesar Salad
19 Grilled Cheese Tomato Soup	20 Chicken Quesadilla Spanish Rice Refried Beans	21 Chicken Lo Mein Stir Fry Veggies	22 Mac & Cheese Ham Slices	23 Cheesy Breadsticks Broccoli
26 Ham Italians Carrot Sticks	27 Walking Tacos Black Beans Rice	28 Spaghetti w/ Meatballs W.G. Garlic Knot Peas	29 Rodeo Burger Sweet Potato Fries	30 Big Daddy Pizza Choices Tossed Salad

Menus are subject to change without notice. Fruit and choice of milk are offered at all meals. This institution is an equal opportunity provider.
Questions, comments, or concerns, please contact Shawn Forkey, Director of Nutrition, sforkey@rsu18.org, 465-7384