

Monday

Tuesday

Wednesday

Thursday

Friday

All MEALS are FREE

Cheese or Pepperoni Or Veggie PIZZA **5**
w/ Tossed Garden Salad
Fruit
Milk

Macaroni & Cabot Cheese Corn **6**
Dinner Roll
Fruit
Milk

HALF DAY Meal to Go **7**
Ham & Cheese Sandwich on WG Croissant
OR Egg Salad On WG Croissant
Veggie Sticks w/ Dip
Whole Fruit
Milk

Misty Knoll Chicken Drumsticks **8**
Mashed Potatoes
Cornbread
Fruit
Milk

COHORT 2 **1**
1-Mexican Soft Taco w/ Local Beef or Beans (V) & Cheese
Corn - Brown Rice
Sour Cream & Salsa
2- Deli Turkey & Cheese Sandwich
Veggie Medley w/ Dip
FRUIT MILK

COHORT 2 **2**
1-Sweet Cinnamon French Toast Sticks
Sausage Patties
Roasted Red Potato Wedges
2 - Bagel & Cream Cheese
4 oz. Yogurt & Cabot Cheese
Veggie Medley w/ Dip
FRUIT & MILK

Pulled Pork or Roasted Veggies On WG Bun **9**
Sweet Potato Fries
Fruit
Milk

Chicken Tenders or Baked Tofu w/ BBQ Sauce **12**
Roasted Parmesan Carrots
WG Biscuit
Fruit
Milk

Penne Pasta w/ Meatballs Or Cottage Cheese & Marinara Sauce **13**
Roasted Broccoli
Garlic Bread Stick
Fruit
Milk

HALF DAY Meal to Go **14**
Turkey & Cheddar on WG Bread
OR Cheddar and Hummus Sandwich
Veggie Sticks w/ Dip
Whole Fruit
Milk

BURGER DAY **15**
Hamburger, Cheeseburger or Veggie Burger
Baked French Fries
Corn
Fruit
Milk

NO SCHOOL **16**

Yang's Yummy Orange Chicken Or Orange Tofu **19**
Steamed Edamame Beans
Brown Rice
Fruit
Milk

BREAKFAST FOR LUNCH Sweet Cinnamon French Toast Sticks **20**
Sausage Links and Boiled Egg
Roasted Potato Wedges
Fruit
Milk

HALF DAY Meal to Go **21**
Italian Sub Sandwich On WG Roll
OR Cheese and Veggie Sub
Veggie Sticks with Dip
Whole Fruit
Milk

Cheese or Pepperoni Or Veggie PIZZA **22**
w/ Tossed Garden Salad
Fruit
Milk

Nachos with Cheese Sauce Local Beef OR Beans **23**
Corn
Salsa
Fruit
Milk

Cheese Ravioli With Marinara Sauce **26**
Tossed Garden Salad
WG Dinner Roll
Fruit
Milk

Loaded Baked Potato Ham-Broccoli-Cheddar Boat **27**
Or
Cheddar - Broccoli Boat
Cornbread
Fruit
Milk

HALF DAY Meal To Go **28**
Turkey and Cheese Roll UP On WG Tortilla
Carrot and Celery Sticks with Dip
Whole Fruit
Milk

Homestyle Chicken & Biscuits With Veggies **29**
French Cut Green Beans
Fruit
Milk

Ghostly Grilled Cheese or Ghostly Grilled Cheese w/ Ham **30**
Sweet Potato Finger Fries
Cucumber Broomsticks
Halloween Fruit Treat
Milk

An **ALTERNATE MEAL** will be available every day:
WG Bagel with Cream Cheese, Baby Carrots with Ranch,
Cheddar Cheese Stick, 4 oz. Yogurt & Applesauce
(The alternate meal is vegetarian and can be gluten free on request)

