

Monday

Tuesday

Wednesday

Thursday

Friday

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

Macaroni & Cabot Cheese
Green Beans
Dinner Roll
Fruit
Milk **6**

NO STUDENTS IN SCHOOL **7**

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

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

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

Chicken Tenders or Baked Tofu
w/ BBQ Sauce
Green Beans
WG Biscuit
Fruit
Milk **12**

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

Fruit
Milk **13**

NO STUDENTS IN SCHOOL **14**

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

NO SCHOOL **16**

Chicken Filet Sandwich on
WG Bun **19**
Corn
Fruit
Milk

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

Italian Sub Sandwich
On WG Roll **21**
OR Cheese and Veggie Sub
Veggie Sticks with Dip
Fruit
Milk

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

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

Cheese Ravioli
With Marinara Sauce **26**
Green Beans
WG Dinner Roll
Fruit
Milk

Homestyle Chicken & Biscuits **27**
With Veggies
Steamed Broccoli
Fruit
Milk

Turkey and Cheese Roll UP **28**
On WG Tortilla
Carrot and Celery Sticks with Dip
Fruit
Milk

Italian Dunkers **29**
WG Break Stick with Meat Sauce
Or Marinara Sauce and Cheese
Peas
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)

