



October



	Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	5	
the Classics	John Wayne Casserole Pinto Beans Corn on Cob Spanish Rice	 BREAKFAST ALL DAY	Jalapeno Popper Cheesy Chicken Baby Bakers Black Beans Vegetable Medley	Beef Brisket Broccoli & Cheese Rice Casserole Garlic Mashed Potatoes Green Beans		
Healthy edge	Cajun Chicken Breast		Lemon Pepper Tilapia	Caribbean Jerk Chicken & Rice		
BOWL You OVER	Quinoa Bowl & Basmati Bowl	Quinoa Bowl & Basmati Bowl		Tuscan Bowl 		
Grill Feature	Fried Ravioli & Shoestring Fries	Mozzarella Sticks & Crinkle Cut Fries	Waffle Fries	Boneless Wings & Spicy Fries		
	8	9	10	11	12	
the Classics	 Fall Break No School		Taco Salad Spanish Rice Refried Beans Creamy Jalapeno Corn	Poppy Seed Chicken Blackeye Peas Mashed Potatoes Steamed Zucchini	Friday Fish Fry Hushpuppies & Slaw Macaroni & Cheese	
Healthy edge				Chicken Tacos	Herb Roasted Tilapia	American Blue Plate Special
BOWL You OVER					Tuscan Bowl 	 PAPA JOHN'S
Grill Feature				Waffle Fries	Boneless Wings & Spicy Fries	Fries
	15	16	17	18	19	
the Classics	Crispy Cheddar Chicken Vegetable Medley Creamy Garlic Parmesan Brussel Sprouts Baked Potato Casserole	John Wayne Casserole Twice Baked Potato Fried Okra Chuckwagon Corn	Country Fried Steak Northern Beans Mashed Potatoes Vegetable Medley	Sweet & Sour Chicken Vegetable Fried Rice Stir Fry Egg Roll	Friday Fish Fry Hushpuppies & Slaw Penne Alfredo	
Healthy edge	Italian Sausage Gnocchi	Cod Fish with Creole Cream Sauce	Honey Garlic Chicken Legs	Beef & Broccoli	American Blue Plate Special	
BOWL You OVER	Quinoa Bowl & Basmati Bowl	Quinoa Bowl & Basmati Bowl		Tuscan Bowl 	 PAPA JOHN'S	
Grill Feature	Fried Ravioli & Shoestring Fries	Mozzarella Sticks & Crinkle Cut Fries	Waffle Fries	Boneless Wings & Spicy Fries	Fries	
	29	30	31			
the Classics	Meatloaf Mashed Potatoes Green Beans Cream Corn	Baked Spaghetti Italian Vegetables AuGratin Potatoes Lima Beans	Chicken Pot Pie Broccoli & Cheese Coin Carrots Baby Bakers			
Healthy edge	Lemon Herb Chicken & Potatoes	Chicken Pasta Primavera	Parmesan Crusted Tilapia			
BOWL You OVER	Quinoa Bowl & Rice Bowl	Quinoa Bowl & Rice Bowl				
Grill Feature	Fried Ravioli & Shoestring Fries	Mozzarella Sticks & Crinkle Cut Fries	Waffle Fries			