



October

<p>2 Cereal, Cinnamon roll Juice/Fruit ***** Chicken on a bun Tater puffs Green beans Mixed fruit</p>	<p>3 Sausage & cheese muffin, Juice/Fruit ***** Beef dippers Rice Broccoli Egg roll Peaches</p>	<p>4 Cereal, Toast Juice/Fruit ***** ~Taste of Washington~ <i>Skagit chili baked potato</i>, Skagit Valley carrots, homemade garlic roll, Washington State apple</p>	<p>5 Cougar muffin Juice/Fruit ***** Pepperoni pizza Organic baby greens Fresh broccoli Fruit cup</p>	<p>6 Cereal, Toast Juice/Fruit ***** Build your own chef salad bar day Cucumber slices Baby carrots Bread stick Grapes/treat</p>
<p>9 Cereal, granola bar, Juice/Fruit ***** Sloppy Joe Calico fries Corn Mixed fruit</p>	<p>10 Homemade apple muffin, yogurt Juice/Fruit ***** Shredded chicken taco Santa Fe beans Peas Grapes</p>	<p>11 Cereal, Toast Juice/Fruit ***** Popcorn chicken NEW ~ <i>Potato Dijon</i> Baby carrots Apple Buttered roll</p>	<p>12 Cougar muffin Juice/Fruit ***** Cheese pizza Organic baby greens Fruited Jello Fresh melon wedges Fresh broccoli</p>	<p>STAFF INSERVICE DAY NO SCHOOL</p>
<p>16 Cereal, Honey bun, Juice/Fruit ***** Rib-a-que BBQ beans <i>Homemade Potato Wedges</i> Pears</p>	<p>17 Pancake on a stick Syrup, Juice/Fruit ***** Cowboy macaroni Breadstick Green beans Applesauce</p>	<p>18 Cereal, Toast Juice/Fruit ***** Burrito, salsa Cheese sauce & Steamed broccoli Tortilla chips Grapes</p>	<p>19 Cougar muffin Juice/Fruit ***** Pepperoni pizza Organic baby greens Fresh broccoli Peaches</p>	<p>20 Cereal, Toast Juice/Fruit ***** Deli hoagie Finishing bar Cucumber slices Baby carrots Apple/treat EARLY RELEASE</p>
<p>23 NOT LATE START Cereal, Giant Goldfish Juice/Fruit ***** Quesadilla NEW ~ Chili cheese bake Corn, Mixed fruit Cucumber slices EARLY RELEASE</p>	<p>24 Pancake on a stick Syrup, Juice/Fruit ***** Cheesy toast <i>Cabbage Patch Soup</i> Baby carrots Cherry tomatoes Peaches EARLY RELEASE</p>	<p>25 Cereal, Toast Juice/Fruit ***** Turkey hoagie Cucumber slices Bean salad Grapes EARLY RELEASE</p>	<p>26 Cougar muffin Juice/Fruit ***** Cheese pizza Organic baby greens Fresh broccoli Fruit cup EARLY RELEASE</p>	<p>27 Cereal, Toast Juice/Fruit ***** PB&J Uncrustables Cheese stick Baby carrots Apple Goldfish EARLY RELEASE</p>
<p>30 Cereal, granola bar, Juice/Fruit ***** Chicken nuggets Calico fries Green beans Mixed fruit Buttered roll</p>	<p>31 Sausage & cheese muffin, Juice/Fruit ***** Nachos Salsa Corn Peaches</p>	<p><i>Program benefits and services are available to all children without regard to race, color, sex, handicap, are or national origin.</i> **Our menu follows USDA Guidelines**</p>	<p>Lunch: (Includes milk) Grades K-5: \$2.85 Grades 6-8: \$3.10 Milk .50 Breakfast: \$1.65 (Includes Juice & Milk)</p>	<p>FARM-2-SCHOOL HARVEST OF THE MONTH  Potatoes & Cabbage</p>