



October 2018



National School Lunch Week October 15 - 19

<p>1</p> <p>STAFF IN SERVICE NO SCHOOL</p>	<p>2</p> <p>Cereal, Cinnamon roll Juice/Fruit ***** Hamburger Calico fries Green beans Mixed fruit</p>	<p>3</p> <p>Cereal, Toast Juice/Fruit ***** <i>Farm to School ~Taste of Washington~</i> Chili cheese baked potato Buttered roll Local carrots Washington State apple</p>	<p>4</p> <p>Cougar muffin Juice/Fruit ***** Tony's pepperoni pizza Salad Fresh broccoli Peaches</p>	<p>5</p> <p>Cereal, Toast Juice/Fruit ***** Chef salad Cherry tomatoes Baby carrots Buttered roll Grapes</p>
<p>8</p> <p>Cereal, Giant Goldfish Juice/Fruit ***** Quesadilla Spanish rice Corn Cucumber slices Mixed fruit</p>	<p>9</p> <p>Homemade muffin, yogurt, Juice/Fruit ***** Sweet & sour chicken Rice Egg roll Baby carrots Fresh pear</p>	<p>10</p> <p>Cereal, Toast Juice/Fruit ***** Nachos Steamed broccoli Salsa Santa Fe beans Pears</p>	<p>11</p> <p>Cougar muffin Juice/Fruit ***** Stuffed cheese pizza Salad Fresh broccoli Fruited Jello Kiwi</p>	<p>12</p> <p>Cereal, Toast Juice/Fruit ***** Ham & cheese hoagie Cucumber slices Baby carrots Grapes Sorbet</p>
<p>15</p> <p>Cereal, Granola bar, Juice/Fruit ***** Mini cheeseburger sliders Calico fries Green beans Mixed fruit</p>	<p>16</p> <p>Sausage & cheese muffin, Juice/Fruit ***** Ravioli with meat sauce Garlic breadstick Mixed vegetables Applesauce</p>	<p>17</p> <p>Cereal, Toast Juice/Fruit ***** Three bean chili Cornbread Steamed broccoli Apple</p>	<p>18</p> <p>Cougar muffin Juice/Fruit ***** Tony's pepperoni pizza Salad Fresh broccoli Peaches</p>	<p>19</p> <p>Cereal, Toast Juice/Fruit ***** Caesar salad Baby carrots Cherry tomatoes Buttered roll Grapes EARLY RELEASE</p>
<p>22 NOT LATE START</p> <p>Cereal, Muffin Juice/Fruit ***** Chicken nuggets Calico fries Green beans Peaches Buttered roll EARLY RELEASE</p>	<p>23</p> <p>Pancake on a stick Juice/Fruit ***** Taco Tuesday! Soft taco Salsa Santa Fe beans Corn EARLY RELEASE</p>	<p>24</p> <p>Cereal, Toast Juice/Fruit ***** Broccoli beef Rice Egg roll Baby carrots Apple EARLY RELEASE</p>	<p>25</p> <p>Cougar muffin Juice/Fruit ***** Tony's cheese pizza Salad Fresh broccoli Fruited Jello Apple snack EARLY RELEASE</p>	<p>26</p> <p>Cereal, Toast Juice/Fruit ***** Turkey, ham & cheese hoagie, Baby carrots, Cucumber slices Grapes Goldfish EARLY RELEASE</p>
<p>29</p> <p>Cereal, Honey bun, Juice/Fruit ***** Rib-a-que Kansas baked beans Coleslaw Pears</p>	<p>30</p> <p>Yogurt, fruit pie, Juice ***** Chicken drummies Mashed potatoes & gravy Mixed vegetables Buttered roll Blueberries</p>	<p>31</p> <p>Cereal, Toast Juice/Fruit ***** Halloween Meatball grindlers Tater tots Green beans Candied apple</p>	<p>Lunch: (Includes milk)</p> <p>Grades K-5: \$2.85 Grades 6-8: \$3.10 Milk .50</p> <p>Breakfast: \$1.65 (Includes Juice & Milk)</p>	<p><i>Program benefits and services are available to all children without regard to race, color, sex, handicap, are or national origin.</i></p> <p>**Our menu follows USDA Guidelines**</p>