

# OCTOBER 2019

	<p>1 Yogurt, fruit pie Juice/Fruit *****  Turkey taco Salsa Corn Tortilla chips Pears</p>	<p>2 Cereal, Toast Juice/Fruit ***** <b>Taste of Washington Day</b> Chili cheese baked potato, fresh baked garlic rolls, local carrots, Washington State apple</p>	<p>2 Cougar muffin Juice/Fruit *****  Stuffed crust pizza Salad Fresh broccoli Fruit cup</p>	<p>4 Cereal, Toast Juice/Fruit *****  Ham &amp; cheese hoagie Cherry tomatoes Cucumber slices Grapes</p>
<p>7 <b>NO SCHOOL</b>  <b>Teacher In-Service Day</b></p>	<p>8 Cereal, Honey buns Juice/Fruit *****  Sliders Calico fries Green beans Mixed fruit</p>	<p>9 Cereal, Toast Juice/Fruit *****  Taco salad Carrots Cinnamon roll Peaches Salsa</p>	<p>10 Cougar muffin Juice/Fruit *****  Pepperoni pizza Salad Fresh broccoli Pears</p>	<p>11 Cereal, Toast Juice/Fruit *****  Caesar salad Buttered roll Cherry tomatoes Grapes</p>
<p>14 Giant Goldfish Cereal Juice/Fruit *****  Rib-a-que BBQ beans Calico fries Mixed fruit</p>	<p>15 Breakfast pizza Juice/Fruit *****  Burrito Salsa Cheese sauce Steamed broccoli Santa Fe beans Peaches</p>	<p>16 Cereal, Toast Juice/Fruit *****  Cowboy macaroni Buttered roll Peas Applesauce</p>	<p>17 Cougar muffin Juice/Fruit *****  Cheese rippers pizza Salad Fresh broccoli Fruited Jello</p>	<p>18 Cereal, Toast Juice/Fruit *****  Turkey hoagie Salad Cucumber slices Goldfish Grapes <b>EARLY RELEASE 11:45</b></p>
<p>21 Cereal, Teddy bits Juice/Fruit *****  Chicken nuggets Calico fries Green beans Buttered roll Peaches <b>LATE START 9:45</b></p>	<p>22 Pancake on a stick Juice/Fruit *****  Quesadilla Spanish rice Refried beans Mixed fruit <b>EARLY RELEASE 11:45</b></p>	<p>23 Cereal, Toast Juice/Fruit *****  Teriyaki chicken rice bowls Stir fry vegetables Egg roll Apple <b>EARLY RELEASE 11:45</b></p>	<p>24 Cougar muffin Juice/Fruit *****  Cheese pizza Salad Fresh broccoli Fruit cup <b>EARLY RELEASE 11:45</b></p>	<p>25 Cereal, Toast Juice/Fruit *****  Chef Salad Buttered roll Cucumber slices Cherry tomatoes Grapes <b>EARLY RELEASE 11:45</b></p>
<p>28 Cereal, Granola bar Juice/Fruit *****  Hamburger Calico fries Green beans Mixed fruit</p>	<p>29 Yogurt, Muffin Juice/Fruit *****  Nachos Salsa Steamed broccoli Santa Fe beans Apple</p>	<p>30 Cereal, Toast Juice/Fruit *****  Soup of the day Cheesy toast Fresh cauliflower Baby carrots Pears</p>	<p>31 Cougar muffin Juice/Fruit *****  Hawaiian personal round pizza Salad Fresh broccoli Peaches</p>	<p>Breakfast: \$1.85 (Includes Juice &amp; Milk) Lunch: (Includes milk) Grades K-5: \$3.00 Grades 6-8: \$3.25 Milk/Chocolate Milk 50¢</p>

Program benefits and services are available to all children without regard to race, color, sex, handicap, or national origin.

**\*\* Our menu follows USDA Guidelines \*\***