

# October 2017

H.S.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Taco Tub Taco meat Or Fajita Chix Fries Lettuce tomato Salsa Baby Carrots & dip Variety fruit Milk	3 Chix Nuggets or Popcorn Chix Biscuit Whip Potatoes Gravy Corn Salad/dressing Variety fruit Milk	4 Teraki Chix/ Rice or Calzone/ Mex Rice Stir fry vegs <u>O. Medley</u> Broc & Cheese Variety fruit Milk	5 Quesadilla/ salsa or Chix leg Biscuit Sw potato fries Mixed Greens/dress Variety fruit Milk	6 Sloppy joe or Pulled pork/ bun Baked beans Spinach salad Variety fruit Milk	7
8	9 Mac & cheese or Chix patty/ bun Glazed carrots Salad Gr Bean Garlic Stick Variety fruit Milk	10 Pulled Pork/ bun or Calzone Sw Potato Cubes Broc & Cheese Variety fruit Milk	11 Beef Burito or Chix Quesadilla/ Salsa Romaine/ dressing Rice Corn Variety fruit Milk	12 Soft wrap Taco meat or Fajita Chix- Tomato Lettuce Cheese Refried Beans Variety fruit Milk	12 Hot dog/ bun or Pasta & Meat sauce & Garlic bread Baked Beans Salad Variety fruit Milk	14
15	16 Cheese Pizza or Pepperoni Celery Baby Carrots Calif blend Variety fruit Milk	17 Reg or Spicy Chix Patty/ bun Slaw Sw Potato fries Lettuce Tomato slice Variety fruit Milk	18 Boneless wings/ roll or Calzone Corn Spinach/ dressing Variety fruit Milk	19 Meat ball sub or Tenderloin/ bun Fries Baked beans Lettuce Tomato slices Variety fruit Milk	20 Fall Break	21
22	23 Fall Break	24 Chix & Noodles or Egg rolls Corn Roll Whipped potatoes Romaine/ dressing Variety fruit Milk	25 Pizza Cheese or Pepperoni Green Beans Spinach./ dressing Variety fruit Milk	26 Pulled pork/ bun or Chef's choice Baked Beans <u>Or Medley</u> Sweet pot fries Variety fruit Milk	27 Cheeseburgers or Lasagna rollups Slaw Broc & Cheese Lettuce Tomato slice Variety fruit Milk	28
29	30 Calzone or Chili & Garlic bread Celery stix Glazed carrots Romaine/ dressing Variety fruit Milk	31 Corn dog or French Bread pizza Tator Tots Baked beans Spinach salad Variety fruit Milk				

TCP, TCI, Jr/ Sr High

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breakfast

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Pancakes Sausage Fruit Juice Milk	3 Bacon, egg & Cheese Sandwich Fruit Juice Milk	4 Chef's choice Fruit Juice Milk	5 Chocolate -banana Chunk Bar Fruit Juice Milk	6 Muffin Yogurt or Cheese Stick Fruit Juice Milk	7
8	9 French toast Fruit Juice Milk	10 Breakfast Pizza Fruit Juice Milk	11 Waffles Jr/Hs- Egg Calzone Fruit Juice Milk	12 Wg pancakes Sausage Fruit Juice Milk	13 Chef's Choice Fruit Juice Milk	14
15	16 Wg pancake & Sausage wrap Fruit Juice Milk	17 Bacon, egg & Cheese sandwich Fruit Juice Milk	18 Chocolate-banana Chunk bar Fruit Juice Milk	19 Chef's choice Fruit Juice Milk	20 Fall Break	21
22	23 Fall Break	24 Sausage & biscuit breakfast pizza Fruit Juice Milk	25 Banana chunk bar Fruit Juice Milk	26 Whole grain Pan- cakes Sausage Fruit Juice Milk	27 Chef's choice Fruit Juice Milk	28
29	30 Pancakes & sausage Fruit Juice Milk	31 Bacon, egg, cheese sandwich Fruit Juice Milk				