



Monday	Tuesday	Wednesday	Thursday	Friday
Cheeseburger Meatloaf on WW Bun or: Breaded Chicken Patty on WW Bun Baked Beans Diced Peas 1% White or FF Flavored Milk 2	Chef Salad or: Hummus Cup and String Cheese Romaine w/ Dressing Whole Wheat Pita Bread Fresh Orange 3	Pizza Slice Baby Carrots 3oz Fresh Banana 1% White or FF Flavored Milk 4	Chicken Penne w/ WG Breadstick or: Beef Sloppy Joe on WW Bun Baked Green Beans Diced Peaches 1% White or FF Flavored Milk 5	Walking Taco w/ WG Corn Chips or: Turkey Walking Taco w/ WG Chips Corn O'Brien Fresh Apple 1% White or FF Flavored Milk 6
All-American Hamburger on WW or: Breaded Chicken Patty on WW Bun Baked Beans Mixed fruit 1% White or FF Flavored Milk 9	Crispy Popcorn Chicken w/ WG or: Beef Sloppy Joe on WW Bun Potato Wedges Diced Peas 1% White or FF Flavored Milk 10	Pizza Slice Baby Carrots 3oz Fresh Banana 1% White or FF Flavored Milk 11	Sweet & Sour Chicken Meatballs or: Macaroni & Cheese with WG Dinner Roll Steamed Broccoli Diced Peaches 1% White or FF Flavored Milk 12	Teriyaki Beef Dippers with WG or: Turkey Dog with WW Bun Baked Green Beans Fresh Apple 1% White or FF Flavored Milk 13
Oven Baked Chicken Nuggets w/ Goldfish or: Beef Sloppy Joe on WW Bun Baked Beans Mixed fruit 1% White or FF Flavored Milk 16	Italian Meatball Sub or: Turkey Dog with WW Bun Baked Green Beans Fresh Orange 1% White or FF Flavored Milk 17	Pizza Slice Baby Carrots 3oz Fresh Banana 1% White or FF Flavored Milk 18	Baked Mostaccioli or: Macaroni & Cheese Romaine w/ Dressing Dinner Roll Diced Peas 1% White or FF Flavored Milk 19	Chicken Soft Taco on Wheat Tortilla or: Beef Soft Taco on WW Tortilla Corn O'Brien Fresh Apple 1% White or FF Flavored Milk 20
Beef Soft Taco on WW Tortilla or: Turkey Taco on WG Tortilla Mexican Pinto Beans Diced Peaches 1% White or FF Flavored Milk 23	Grilled Chicken Salad or: Hummus Cup and String Cheese Tossed Salad with Ranch Whole Wheat Pita Bread Mixed fruit 24	Pizza Slice Baby Carrots 3oz Fresh Banana 1% White or FF Flavored Milk 25	Asian Chicken or: Teriyaki Beef Dippers Steamed Broccoli WG Brown Rice Diced Peas 1% White or FF Flavored Milk 26	Baked Savory Meat Loaf w/ WW Dinner or: Turkey Burger on WW Bun Mashed Potato Fresh Apple 1% White or FF Flavored Milk 27
Grilled Chicken Breast on WW Bun or: Beef Sloppy Joe on WW Bun Baked Beans Diced Peaches 1% White or FF Flavored Milk 30	BBQ Beef Rib Patty on Bun or: Breaded Chicken Patty on WW Bun Seasoned Greens Fresh Orange 1% White or FF Flavored Milk Happy Halloween! 31			



Thought for Thought

The only calendar I need is just outside my window. With eyes to see and ears to hear, nature keeps me posted. - Alfred A. Montapert

Tips & Information

Columbus is celebrated on the 2nd Monday in October. The day is commemorated as the Columbus Day in United States, as Día de las Culturas (Day of the Cultures) in Costa Rica, as Día de la Hispanidad (Spanish Day), as Día de la Raza (Day of the Race) in many countries in Latin America. Columbus Day became an authorized state holiday in Colorado in 1905. It became a national holiday in 1970 in the United States.

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"or:" = An alternative selection to choose. "WG"=Whole Grain
 1% White & Fat Free Chocolate Milk available daily.

****Menu Subject to Change****

This institution is an equal opportunity provider.

