



by Anna Jansen



ANNA JANSEN

“My favorite fruits are apples, cantaloupe and carrots.”

“I stay healthy by riding my bike, playing sports and being active.”

“If I were a farmer I would grow apples because they are sweet and tasty.”



This symbol will represent the harvest of the month. This month's harvest is **Pears**.

October

Salad Bar will be closed at this time.

Each day students will be able to choose between the **main entree**, **baked potato entree** or **large pre-made salad entree**. Each entree includes fruit and vegetables.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3 B: A la Carte L: Chili, Grilled Cheese	4 B: Hot Breakfast L: Hamburger, Artisan Mac & Cheese, Peas	5 B: A la Carte L: Chicken Noodle Soup, Baguette	6 11AM DISMISSAL NO LUNCH	7 NO SCHOOL	1
9	10 NO SCHOOL	11 B: Hot Breakfast L: Chicken Nuggets, Tater Tots, Peas	12 B: A la Carte L: Hot Dog, Baked Beans, Corn	13 B: Hot Breakfast L: Beef Nachos, Refried Beans, Carrots	14 B: A la Carte L: Cheese Ravioli in Marinara, Breadstick, Broccoli	15
16	17 B: A la Carte L: Beef & Noodles in Brown Gravy, Roasted Red Potatoes & Peas	18 B: Hot Breakfast L: Ham & Cheese Sub, Chips Baby Carrots w/ Ranch	19 B: A la Carte L: Baja Chicken Enchilada Soup, Cheese Quesadilla	20 B: Hot Breakfast L: Baked Ziti, Breadstick, Vegetable Blend	21 B: A la Carte L: BBQ Pork, Artisan Mac & Cheese, Corn	22
23	24 B: A la Carte L: Loaded Potato Soup, Baguette	25 B: Hot Breakfast L: Spaghetti & Meatballs, Breadstick, Broccoli	26 B: A la Carte L: Grilled Chicken, Scalloped Potatoes, Peas & Carrots	27 B: Hot Breakfast L: Vegetable Soup, Baguette	28 B: A la Carte L: Cheese Pizza, Breadstick, Corn	29
30	31 B: A la Carte L: Corn Dog, Tater Tots, Corn	1	2	3	4	5