

**Did you know?**

We only serve milk that is Rbst-Free. That means it is from cows not treated with any hormones, ensuring your milk is only made of the good stuff like calcium, vitamin D and protein! Don't forget to grab a carton of low-fat or non-fat milk with breakfast!

**October**

**Breakfast**

**Hot and Cold**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Grab &amp; Go Available</b>                      8:00am to 9:00am                 </div> 2
5 <b>Multigrain Cheerios with fruit</b>	6 <b>Blueberry Bagel w/ cream cheese &amp; Fruit</b>	7 <b>Yogurt parfait with strawberries &amp; Granola &amp; Fruit</b>	8 <b>French Toast w/ Syrup &amp; Fruit</b>	<div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"> <b>Grab &amp; Go Available</b>                      8:00 am to 9:00am                 </div> 9
12 <b>No School Columbus Day</b>	13 <b>Multigrain Cheerios w/ Fruit</b>	14 <b>Blueberry Bagel w/ Cream Cheese &amp; Fruit</b>	15 <b>Lemon Muffin w/ Fruit</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Grab &amp; Go Available</b>                      8:00am to 9:00am                 </div> 16
19 <b>Multigrain Cheerios w/ Fruit</b>	20 <b>Sausage &amp; Cheddar Biscuit with Fresh Fruit</b>	21 <b>Lemon Muffin with Fruit</b>	22 <b>French Toast Stick w/ Syrup &amp; Fruit</b>	<div style="background-color: #0056b3; color: white; padding: 5px; text-align: center;"> <b>Grab &amp; Go Available</b>                      8:00am to 9:00am                 </div> 23
26 <b>Plain Bagel w/ Cream Cheese &amp; Fruit</b>	27 <b>Lemon Muffin w/ Fruit</b>	28 <b>Waffle w/ Syrup &amp; Fruit</b>	29 <b>French Toast Stick w/ Syrup &amp; Fruit</b>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Grab &amp; Go Available</b>                      8:00 am to 9:00am                 </div> 30



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**October**

**LUNCH**

**Hot and Cold**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Grab &amp; Go Available</b>                      8:00am to 9:00am                 </div> 2
Baked Mac & Cheese w/ Chicken bites & fruit 5	Orange chicken with not so fried rice & Fruit 6	Spaghetti and marinara & Fruit 7	Chicken Bites with Broccoli & Fruit 8	<div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #0056b3; color: white;"> <b>Grab &amp; Go Available</b>                      8:00 am to 9:00am                 </div> 9
No School Columbus Day 12	crispy chicken sandwich w/ Fruit 13	Chicken Bites with Broccoli & Fruit 14	Chicken Parm Pasta with Fruit 15	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Grab &amp; Go Available</b>                      8:00am to 9:00am                 </div> 16
Hot dogs with carrots & Fruits 19	Orange Chicken not so fried rice w/ Fruits 20	Lone Star BBQ Chicken sandwich Fruit 21	Spaghetti Marinara & Fruit 22	<div style="border: 1px solid black; padding: 5px; text-align: center; background-color: #0056b3; color: white;"> <b>Grab &amp; Go Available</b>                      8:00am to 9:00am                 </div> 23
Broiled Beef Burger w/ Carrots & Fruit 26	Garden Ranch Salad w/ chicken & Fruit 27	Chicken Bites & Waffle w/ Syrup & Fruit 28	Penne pasta w/ meat sauce & Fruit 29	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>Grab &amp; Go Available</b>                      8:00 am to 9:00am                 </div> 30

