

October 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3	4	5	6
	Zucchini Pancake Popcorn Chicken and Parmesan Pasta Fresh Fruit	Rice with Tomato Sauce Fish Sticks with Sweet Potato Fries Yogurt	HALF DAY	Vegetable Soup Grilled Ham and Cheese Sandwich Fresh Fruit	Creamed Peas and Potatoes Meatloaf Bread Fresh Fruit	
7	8	9	10	11	12	13
	Mediterranean Lentils Baked Fish and Potatoes Yogurt	Mixed Salad Chicken Quesadillas Peaches and Cream Pudding	Italian Green Beans Ham and Cheese Quiche Bread Fresh Fruit	Cheeseburger Soup Corn Fritters Fresh Fruit	No School	
14	15	16	17	18	19	20
	Mexican Chicken with Rice and Vegetables Bread Yogurt	Vegetable Puré Fish Cakes Bread Fresh Fruit	HALF DAY	Vegetable Omelet Pork and Potatoes Fresh Fruit	Mixed Salad Spaghetti Bread Fresh Fruit	
21	22	23	24	25	26	27
	Rice and Beans San Jacobos Bread Yogurt	Broccoli Slaw Tuna Noodles and Cheese Bread Fresh Fruit	Cream of Zucchini Soup With Crackers Barbecue Beef Cups Fresh Fruit	Filipino Vegetables, Chicken and Pasta Bread Fresh Fruit	Beef Stew Bread Yogurt	
28	29	30	31	1	2	3
	Vegetable Lasagna Bread Fresh Fruit	Glazed Carrots Lentils and Sausage Bread Yogurt	Squash and Corn Chowder Pizza Fresh Fruit			