

October 2018 Ben Milam

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk is served with every meal Juice and fruit is offered daily All meals are subject to change without prior notice due to availability of product	1 pancakes in a bag, fruit Ham/cheese sandwich, baby carrots, celery sticks, pickle spear, chips, fruit mustard, ff mayo, ff ranch	2 french toast sticks, sausage link, juice Soft tacos, <u>Shred romaine/ tomato salad, fruit, shred cheese, pinto beans</u>	3 biscuit/sausage, fruit Chicken nuggets, mashed potatoes, gravy, carrots, fruit Peas & carrots, sliced bread	4 sausage roll. Juice Hamburger, shred lettuce/ tomato salad, fruit, mustard, ketchup, sliced pickle, tater tots, ff mayo	5 cereal, elf crackers, fruit Cheese pizza, corn, broccoli, fruit	6
7	8 Student Holiday	9 chocolate chip muffin, juice Sausage wrap, smile faces, <u>pinto beans</u> , fruit, mustard, ketchup	10 br pizza, fruit Steak fingers, brown rice, gravy, mixed veggies, celery sticks, fruit bread	11 pancake on a stick, juice Chicken burger, tater tots, shred lettuce/ tomato salad, fruit, mustard, ketchup ff mayo, pickle spear	12 cereal, gr. Crackers, fruit Peperoni pizza, corn, green beans fruit	13
14	15 waffles in a bag, fruit Chili cheese/dog, <u>pinto beans</u> , baby carrots, fruit, chips, ff ranch	16 br. wrap, juice Popcorn chicken, mashed potatoes, gravy, mixed veggies, fruit	17 biscuit, chicken patty fruit Fish, mac/cheese, veggie beans, fruit, ketchup, broccoli	18 blueberry muffin, juice Cheeseburger, smile faces, lettuce, tomatoes, fruit, mustard, ketchup, ff mayo	19 cereal, scooby doo crackers, fruit Cheese pizza, garden salad, corn, fruit, ff ranch	20
21	22 br. burrito, fruit corn dogs, tater tots, broccoli, veggie beans, fruit, mustard, ketchup	23 french toast sticks, little smokies, juice Beef nachos, <u>pinto beans</u> , shred romaine, tomatoes, fruit, chips	24 pancake on a stick, fruit Chicken tenders, br. rice, gravy, peas & carrots, celery stick, fruit	25 sausage roll, juice Hamburger, tater tots, shred lettuce, tomatoes, mustard, ketchup, ff mayo, fruit	26 cereal, gr. Crackers, fruit Peperoni pizza, corn, garden salad, ff ranch, fruit	27
28	29 banana muffin, fruit BBQ rib on bun, chips, ranch style beans, celery sticks, ff ranch, pickle spears, fruit	30 br. sausage patty, biscuit, juice Chicken fajita, cheese, <u>pinto beans</u> , shred romaine, tomatoes, fruit, ff ranch	31 pancake, sausage links, fruit Baked potatoes, ham, cheese, baby carrots, fruit, crackers, ff ranch, butter			

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