



October

2020

In Season Pumpkins

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

5

6

7

8

9

12

13

14

15

16

CHEESEBURGER
OVEN BAKED
FRIES
FRESH GREEN
PEPPER SLICES 19

HOT DOGS
BAKED BEANS
FRESH RED
PEPPER SLICES 20

CHICKEN
NUGGETS
CORN
FRESH
BROCCOLI 21

MEATBALL SUBS
BROCCOLI
RAW CARROTS 22

SCHOOL
CLOSED 23

SOY BUTTER
LUNCHABLE
CARROT STICKS
HUMMUS 26

MOZZARELLA
STICKS
GREEN BEANS
FRESH RED
PEPPER SLICES 27

PHILLY
CHEESESTEAK
OVEN BAKED
FRIES
FRESH
BROCCOLI 28

SWEET AND
SOUR CHICKEN
ASIAN STIR FRY
RAW CARROTS 29

SCHOOL
CLOSED 30

Announcements

**MILK AND
FRUIT
SERVED
WITH EVERY
MEAL**