

October

North Nodaway R-6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Country Fried Steak w/Wheat Roll OR BBQ Pork Sandwich Mashed Potatoes Green Beans Fruit	3 Chicken Quesadilla w/Salsa OR Teriyaki Chicken & Rice Black Beans Fruit	4 Meatball Sub OR Hot Dog Garden Salad Fruit Strawberry Jello	5 Chicken Noodle or Chili Crackers Celery Carrots w/Ranch Cheese Stick Fruit / Cinn Roll	6 Pancakes w/Syrup & Scrambled Eggs OR Chicken Chili Crispito Tater Tots Yogurt & Granola Fruit Wango Mango Juice
9 NO SCHOOL	10 Hamburger OR Beef Sticks w/Wheat Roll French Fries Baby Carrots Fruit	11 Beef Nachos OR Burrito w/Salsa Refried Beans Fruit	12 Chicken Nuggets OR Grilled Chicken Sandwich Veggie Cup w/Ranch Cheez-Its Fruit Chocolate Chip Cookie	13 Fiesta Pizza OR Mini Corn Dogs Garden Salad Fruit Jello
16 Ravioli OR Chicken Sandwich Sweet Potato Fries Golden Corn Fruit Strawberry Jello	17 Mac & Cheez-IT OR Sloppy Joes Sweet Peas Garden Salad Fruit	18 Walking Taco w/Salsa OR Breaded Beef Sandwich w/Carrots Black Beans Fruit Choc Chip Granola Bar	19 Pizza Bosco Stick w/Marinara OR Cheeseburger Baby Carrots & Cauliflower w/Ranch Fruit or Yogurt	20 Fiesta Shrimp Poppers OR Cheese Quesadilla Baked Potato Steamed Broccoli Fruit Chocolate Chip Cookie
23 Fritos Chili Pie OR Meatloaf w/Roll & Beans Golden Corn Fruit Brownie Cookie	24 Hot Ham & Cheese OR Chicken & Noodles California Blend Veggies Fruit Raspberry Sherbet	25 Chicken Parmesan over Pasta OR Grilled Cheese Garden Salad Fruit	26 Corn Dog OR Pizza Quesadilla French Fries Mixed Veggies Fruit Chocolate Chip Cookie	27 Pepperoni Pizza OR Cowboy Cavatini & Wheat Roll Baby Carrots & Celery Sticks w/Ranch Fruit
30 Country Fried Steak w/Wheat Roll OR BBQ Pork Sandwich Mashed Potatoes Green Beans Fruit	31 Chicken Quesadilla w/Salsa OR Teriyaki Chicken & Rice Black Beans Fruit			

1%, Skim and Fat Free Chocolate Milk offered with every meal

MENU IS SUBJECT TO CHANGE

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