

OCTOBER 2021

LAKE OF THE WOODS

Monday

Tuesday

Wednesday

Thursday

Friday

4
MUSHROOM SWISS OR HAMBURGER/CHEESEBURGER
CARROTS STICKS
FRENCH FRIES
APPLES & PEACHES
MILK

5
CHICKEN ALFREDO
BROCCOLI & CAULIFLOWER
DINNER ROLL
ORANGES & APPLESAUCE
MILK

6
CHEESE FILLED BREADSTICKS
SPAGHETTI SAUCE
PEAS & CARROTS
KIWI & PEACHES
MILK

7
NACHOS
TORTILLA CHIPS
BLACK BEAN SALSA
MIXED PEPPERS
BANANA & PEARS
MILK

1
PANCAKES
SAUSAGE PATTY
TRI TATER
STRAWBERRIES & PEARS
MILK

11
GRILLED CHICKEN SANDWICH
LETTUCE & TOMATO
TATER TOTS
ORANGES & PEARS
MILK

12
CHICKEN NUGGETS
MASHED POTATOES & GRAVY
CARROTS
BREAD (7-12)
KIWI & MIXED FRUIT
MILK

13
CORN DOG
BAKED BEANS
TRI TATER
APPLE & PEACHES
MILK

14
STUFFED CRUST PIZZA
ROMAINE SALAD
CELERY STICKS
BANANA & PINEAPPLE
MILK

8
GRILLED CHEESE
TOMATO SOUP
CUCUMBER SLICES
APPLES & PINEAPPLE
MILK

15
BBQ CHICKEN SANDWICH
BROCCOLI APPLE SALAD
SUN CHIPS
JUICE CUP & APPLESAUCE
MILK

18
ORANGE SESAME CHICKEN
FRIED RICE
BROCCOLI & CARROTS
APPLES & PEACHES
MILK

19
PIZZA HOTDISH
ROMAINE LETTUCE
RED PEPPERS
ORANGES & PEARS
MILK

20
SLOPPY JOE
CARROTS & CELERY
SUNCHIPS
APPLESAUCE & CRAISINS
MILK

21
NO SCHOOL
MEA BREAK

22
NO SCHOOL
MEA BREAK

25
QUESADILLA
MEXICAN RICE
CARROTS
APPLES & PEARS
MILK

26
HAMBURGER /CHEESEBURGER
FRENCH FRIES
BAKED BEANS
ORANGES & PINEAPPLE
MILK

27
PIZZA
MIXED GREEN SALAD
CELERY STICKS
RICE KRISPIE TREAT
KIWI & APPLESAUCE
MILK

28
DICED CHICKEN GRAVY
MIXED VEGGIES
BREAD
BANANA & PEACHES
MILK

29
CHICKEN PATTY
TRI TATER
CUCUMBER SLICES
APPLES & RAISINS
MILK

