

# October 2018 Breakfast

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	Breakfast Sliders Apple Wedges	<b>2</b>	Vienna Sausage Scrambled Egg Brown Rice Fruit Juice	<b>3</b>	Cereal Bowl Chocolate Chip Muffin Diced Pears	<b>4</b>	Portuguese Sausage Scrambled Egg Brown Rice Fruit Juice	<b>5</b>	Waffles Fruitocracy
<b>8</b>	Columbus Day	<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>	
<b>15</b>	Cereal Bowl String Cheese Applesauce	<b>16</b>	Corned Beef Hash Scrambled Egg Brown Rice Fruit Juice	<b>17</b>	Breakfast Sandwich Apple Wedges	<b>18</b>	Yogurt UBR Strawberry Craisins	<b>19</b>	Turkey Bacon Scrambled Egg Brown Rice Fruit Juice
<b>22</b>	Breakfast Pizza Apple Wedges	<b>23</b>	Pork Link Sausage Scrambled Egg Brown Rice Fruit Juice	<b>24</b>	French Toast Sticks Banana	<b>25</b>	Vienna Sausage Scrambled Egg Brown Rice Fruit Juice	<b>26</b>	Cereal Bowl String Cheese Applesauce
<b>29</b>	Portuguese Sausage Scrambled Egg Brown Rice Fruit Juice	<b>30</b>	Waffles Fruitocracy	<b>31</b>	Halloween Corned Beef Hash Scrambled Egg Brown Rice Fruit Juice				
<b>ALL MEALS INCLUDE A CHOICE OF MILK AND SELF SERVICE FRUIT BAR</b> THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER									

# October 2018 Wiki Bento

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b> Cheese Quesadilla	<b>2</b> Vienna Sausage Scrambled Egg Brown Rice	<b>3</b> Yogurt Parfait	<b>4</b> Portuguese Sausage Scrambled Egg Brown Rice	<b>5</b> Waffles					
<b>8</b> Columbus Day	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>					
<b>15</b> Gourmet Muffin	<b>16</b> Corned Beef Hash Scrambled Egg Brown Rice	<b>17</b> Breakfast Sandwich	<b>18</b> Ham and Cheese Omelet	<b>19</b> Bacon Scrambled Egg Brown Rice					
<b>22</b> Grilled Ham and Cheese	<b>23</b> Pork Link Sausage Scrambled Egg Brown Rice	<b>24</b> French Toast Sticks	<b>25</b> Vienna Sausage Scrambled Egg Brown Rice	<b>26</b> Cheese Quesadilla					
<b>29</b> Portuguese Sausage Scrambled Egg Brown Rice	<b>30</b> Waffles	<b>31</b> Halloween Corned Beef Hash Scrambled Egg Brown Rice							



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# October 2018 Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	Chicken Patty w/Gravy Brown Rice Steamed Broccoli	<b>2</b>	Spaghetti Meatballs Dinner Roll Cut Corn	<b>3</b>	Chicken Corndog Smiley Fries Edamame	<b>4</b>	Salisbury Steak Dinner Roll Whipped Potatoes	<b>5</b>	Chicken Curry Brown Rice Tossed Greens
<b>8</b>	Columbus Day	<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>	
<b>15</b>	Hamburger Steak Brown Rice California Blend Vegetables	<b>16</b>	Chili Cheese Nachos Black Bean Salad	<b>17</b>	Cheese Pizza Caesar Salad	<b>18</b>	Teriyaki Chicken Brown Rice Potato Salad	<b>19</b>	Baked Penne Dinner Roll Pesto Garbanzo Beans
<b>22</b>	Chicken Nuggets Brown Rice Baked Beans	<b>23</b>	Cheeseburger Crinkle Cut Fries	<b>24</b>	Teriyaki Meatballs Brown Rice Spinach Salad	<b>25</b>	Beef Stroganoff Dinner Roll Diced Carrots	<b>26</b>	Kalua Pork and Cabbage Brown Rice Lomi Tomato
<b>29</b>	Meatloaf Dinner Roll Whipped Potatoes	<b>30</b>	Mushroom Chicken Brown Rice California Blend Vegetables	<b>31</b>	Halloween BBQ Pork Sandwich Coleslaw Pickle Chips				
<p><b>ALL MEALS INCLUDE A CHOICE OF MILK AND SELF SERVICE FRUIT BAR</b></p> <p>THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER</p>									

# October 2018 Preschool Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>1</b>	Chicken Patty w/Gravy Brown Rice Steamed Broccoli Tropical Fruit Salad 1% Unflavored Milk	<b>2</b>	Spaghetti Meatballs Fresh Melon 1% Unflavored Milk	<b>3</b>	Chicken Corndog Smiley Fries Orange Wedges 1% Unflavored Milk	<b>4</b>	Salisbury Steak Dinner Roll Whipped Potatoes Sliced Peaches 1% Unflavored Milk	<b>5</b>	Chicekn Curry Brown Rice Sliced Peaches 1% Unflavored Milk
<b>8</b>	Columbus Day	<b>9</b>		<b>10</b>		<b>11</b>		<b>12</b>	
<b>15</b>	Hamburger Steak Brown Rice California Blend Vegetables Fruit Cocktail 1% Unflavored Milk	<b>16</b>	Cheese Nachos Edamame Apple Wedges 1% Unflavored Milk	<b>17</b>	Cheese Pizza Caesar Salad Orange Wedges 1% Unflavored Milk	<b>18</b>	Teriyaki Chicken Brown Rice Potato Salad 1% Unflavored Milk	<b>19</b>	Macaroni and Cheese Mandarin Oranges 1% Unflavored Milk
<b>22</b>	Chicken Nuggets Baked Beans Mixed Fruit Salad 1% Unflavored Milk	<b>23</b>	Teriyaki Meatballs Brown Rice Spinach Salad Pineapple Chunks 1% Unflavored Milk	<b>24</b>	Cheeseburger Crinkle Cut Fries Orange Wedges 1% Unflavored Milk	<b>25</b>	Beef Stroganoff Diced Carrots Apple Wedges 1% Unflavored Milk	<b>26</b>	Kalua Pork and Cabbage Brown Rice Diced Pears 1% Unflavored Milk
<b>29</b>	Meatloaf Dinner Roll Whipped Potatoes Sliced Peaches 1% Unflavored Milk	<b>30</b>	Mushroom Chicken Brown Rice California Blend Vegetables Mandarin Oranges 1% Unflavored Milk	<b>31</b>	Halloween BBQ Pork Sandwich Coleslaw Orange Wedges 1% Unflavored Milk				
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