



**ENOSBURG FALLS/ MIDDLE HIGH SCHOOL
OCTOBER 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">1-Oct</p> <p>Banana Bread, Yogurt, Bagel, Cereal + Yogurt, grapefruit, juice Chicken Fingers, Potato Wedges, Romaine & Tomato Salad WW Roll 2 kinds of Fruit</p>	<p align="center">2-Oct</p> <p>Whl Grain Waffles & Syrup, or Bagel, or Cereal + yogurt, Juice, Melon Cheese Quesadillas, Refried Beans & Cheese Green Beans, Sliced Cucumbers, 2 kinds of Fruit</p>	<p align="center">3-Oct</p> <p>Sausage & cheese on WW Muffin cereal & Yogurt, Bagel, Banana, Juice Deli bar OR Meatball grinder, Butternut Squash, French Fries, & Caesar Salad 2 kinds of Fruit</p>	<p align="center">4-Oct</p> <p>Whole grain Pop Tarts, bagel, Cereal+ Yogurt , juice, berries Deli bar OR Chicken Patty, Rice Pilaf Broccoli & Cheese, Carrot Stix 2 Kinds of Fruit</p>	<p align="center">5-Oct</p> <p>Whl Grain Cinnamon Roll, bagel or cereal & yogurt , juice, fruit Pizza Bar OR Deli Bar, OR BBQ Pulled Pork on WW Roll, Cole Slaw, Sun Chips 2 Kinds of Fruit</p>
<p align="center">8-Oct</p> <p>Wh, bagel or gm Sausage Pancake, Bagel, cereal & yogurt, grapes, juice Deli Bar OR Pizza Bar OR Scalloped Potatoes & ham, Dinner Roll, Carrots Choc Chip Cookie, 2 kinds of fruit</p>	<p align="center">9-Oct</p> <p>Strawberry Bagelers+ yogurt, bagel, cereal & Toast, juice, berries Deli Bar OR Whl Grain Cheese Ravioli, Kale Chip: Spinach Salad, WW Garlic Stick 2 Kinds of Fruit</p>	<p align="center">10-Oct</p> <p>Sausage & cheese on WW Muffin cereal & Yogurt, Bagel, Banana, Juice Deli bar OR Lunch-around Pizza Red Potato Salad, Caesar Salad 2 Kinds of Fruit</p>	<p align="center">11-Oct</p> <p>Oatmeal ,cereal, yogurt parfait, bagel, strawberries, juice Deli bar OR WW Spaghetti & Meat Sauce, Garlic Knot, Broccoli & Chz Mesclun Salad, 2 of Fruits</p>	<p align="center">12-Oct</p> <p>Whl Grain Cinnamon Roll, bagel or cereal, yogurt , juice, fruit Deli bar OR Chicken Nuggets Hash Browns, Baked Beans, 3-color peppers, 2 fruits</p>
<p align="center">15-Oct</p> <p>Whl Grain Raised Donut Ring bagel or cereal & yogurt, juice, fruit DELI BAR Tacos, Refried Beans, Corn, Celery sticks, Churros 2 Kinds of Fruit</p>	<p align="center">16-Oct</p> <p>Mini Maple Pancakes, Bagel or Cereal+ Yogurt, Juice, Berries Deli Bar, OR Corn Dogs, Tater Tots, Cucumbers & dip, Sauteed Garlic Kale 2 Kinds of Fruit</p>	<p align="center">17-Oct</p> <p>Sausage & cheese on WW Muffin cereal & Yogurt, Bagel, Banana, Juice Pizza Bar OR Deli Bar, OR Roast Pork w/Gravy, Mashed Potatoes, Broccoli, Carrot Stix 2 Kinds of Fruit</p>	<p align="center">18-Oct</p> <p>Oatmeal or cereal & yogurt parfait, bagel, juice, melon Deli Bar, OR Burger + Cheese, Pprs & Onions French fries, Cole Slaw 2 Kinds of Fruit</p>	<p align="center">19-Oct</p> <p align="center">NO SCHOOL</p>
<p align="center">23-Oct</p> <p align="center">NO SCHOOL</p>	<p align="center">24-Oct</p> <p>Whl Grain Waffles & Syrup, or Bagel, or Cereal + yogurt, Juice, Melon Pizza Bar OR Deli Bar, OR Chicken Fajitas, Spanish Rice, Mesclun Salad, Squash 2 Kinds of Fruit</p>	<p align="center">25-Oct</p> <p>Sausage & cheese on WW Bagel, cereal & Yogurt, bagel, Juice, Berries Deli Bar OR Rotini & Meatballs, Garlic Stick, Carrot Coins, Caesar Salad 2 Kinds of Fruit</p>	<p align="center">26-Oct</p> <p>French Toast Stix , Bagels, Cereal, Orange, Juice Deli Bar, OR Cheesy dog, Baked Beans Potato Wedges, Veggie Tray 2 Kinds of Fruit</p>	<p align="center">27-Oct</p> <p>Sausage & cheese on WW Bagel bagel or cereal & yogurt , juice, fruit Turkey, Ham, Tuna, or Egg on WW roll, Garden Salad, Sun Chips 2 Kinds of Fruit</p>



Milk served with all meals: fat free choc, 1%, or skim Menu subject to change Chef's salad offered daily if ordered by 9 am. Sandwich bar offered daily

This Institution is an Equal Opportunity Provider.