



OCTOBER | 2018

SMCCHS/SCCS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 YELLOW Baked chicken nuggets 3 bean salad Diced peaches Animal crackers milk	2 BLUE Spaghetti w/ meatballs Romaine salad Corn Diced pears Breadstick milk	3 ORANGE Hot dog / bun Baked hash brown Carrot stick w/ ranch Applesauce milk	4 WHITE Hamburger / bun Cheese / pickles French fries Grapes milk	5 PINK Bosco sticks Sauce Mixed vegetables Apple milk
8 GREEN Walking taco Salsa Refried beans Corn Diced peaches milk	9 YELLOW Calzone Italian blend vegetables Applesauce milk	10 BLUE Baked chicken strips Asparagus Apple Rice krispie treat milk	11 ORANGE Hamburger / bun French fries Cheese / pickles Diced pears Milk	12 IN -SERVICE
15 WHITE French toast sticks Sausage Hash brown Applesauce Milk	16 PINK Pulled pork sandwich Steamed broccoli Pineapple/banana/apple salad milk	17 GREEN Baked mini corn dogs Baked beans Cooked carrots Diced peaches milk	18 YELLOW Hamburger / bun French fries Cheese / pickles Apple milk	19 BLUE Chesse quesadilla Salsa Corn Pineapple tidbits milk
22 ORANGE Salisbury steak/mashed potatoes & gravy Garden peas Mixed fruit Roll milk	23 WHITE Hot ham & cheese sandwich Sweet potatoes Baked beans Apple milk	24 PINK Pepperoni pizza Steamed broccoli Apricots Fruit roll-up milk	25 GREEN Chicken patty / bun French fries Applesauce Milk	26 YELLOW Toasted cheese Tomato soup Green beans Diced peaches Rainbow fish crackers milk
29 BLUE Chicken fajita w/ cheese Salsa Black beans Corn Apple milk	30 ORANGE Goulash Tossed salad Corn Pineapple tidbits Bread stick milk	31 WHITE Meatball sub w/mozzarella California bend vegetable Applesauce Cookie milk		

News

Pre-school	\$ 2.25
k-5	\$2.75
6/7/8	\$3.00
9/10/11/12	\$3.25
Milk	.50

Wellness tip:
Don't skip breakfast you need to jump-start your metabolism for the day.

“This is an equal opportunity provider.”