

Stillwater HS & MS October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese Sandwich Tomato Soup Fresh Vegetable Cup Assorted Canned Fruit Assorted Fresh Fruit	3 Macho Nacho's w/ Meat, Cheese Lettuce & Tomato Refried Beans Brown Rice (HS) Assorted Canned Fruit Assorted Fresh Fruit	4 Popcorn Chicken Bowl w/Popcorn Chicken, Mashed Potatoes, Corn & Gravy WG Biscuit Assorted Canned Fruit Assorted Fresh Fruit	5 Assorted Deli Subs (Italian or Turkey) Lettuce & Tomato Seasoned Green Beans Assorted Canned Fruit Assorted Fresh Fruit	6 Shrimp Poppers Macaroni & Cheese Tossed Salad Steamed Broccoli Assorted Canned Fruit Assorted Fresh Fruit
Weekly Salad: Turkey & Cheese Chef Salad				
9 No School	10 "Breakfast for Lunch" French Toast Sticks & Sausage Patty Hash Browns Glazed Carrots Assorted Canned Fruit Assorted Fresh Fruit	11 Meatball Sub Potato Puffs Mixed Vegetables Assorted Canned Fruit Assorted Fresh Fruit	12 Grilled Chicken Sandwich Seasoned Green Beans Carrot Sticks w/Dip Assorted Canned Fruit Assorted Fresh Fruit	13 Cheese or Pepperoni Pizza Baked Beans Broccoli w/Dip Assorted Canned Fruit Assorted Fresh Fruit
Weekly Salad: Chicken Caesar Salad				
16 Hot Dog or Chili Dog French Fries Carrot Sticks w/Dip Assorted Canned Fruit Assorted Fresh Fruit *Chicken Tenders/Roll/Fries	17 "Taco Tuesday" Soft Shell Taco w/Meat & Cheese Lettuce & Tomato Refried Beans Assorted Canned Fruit Assorted Fresh Fruit *Pork Rib Patty Sand. & Waffle Fries	18 Chicken Nuggets Dinner Roll Corn Cobbett Celery Sticks w/Dip Assorted Canned Fruit Assorted Fresh Fruit *Pizza & Spicy Fries	19 Assorted Deli Subs (Ham or Roast Beef) Lettuce & Tomato Seasoned Green Beans Assorted Canned Fruit Assorted Fresh Fruit *Bacon Cheeseburger & Fries	20 No School
Weekly Salad: Turkey & Cheese Chef Salad				
23 Cheesesteak Flatbread Potato Puffs Baked Beans Assorted Canned Fruit Assorted Fresh Fruit *Chicken Tenders/Roll/Fries	24 Chicken Fajita Wrap or Grilled Chicken Ranch Wrap w/Peppers & Onions Carrot Sticks w/Dip Assorted Canned Fruit Assorted Fresh Fruit *Pork Rib Patty Sand. & Waffle Fries	25 Pasta with Meatsauce Garlic Bread Tossed Salad Seasoned Corn Assorted Canned Fruit Assorted Fresh Fruit *Pizza & Spicy Fries	26 Mighty Warrior's Turkey Sub w/Lettuce & Tomato Glazed Carrots Assorted Canned Fruit Assorted Fresh Fruit *Bacon Cheeseburger & Fries	27 Max Breadsticks w/Sauce Spinach Salad Broccoli & Cauliflower w/Dip Assorted Canned Fruit Assorted Fresh Fruit *Chicken Patty on Roll. & Puffs
Weekly Salad: Ham & Cheese Chef Salad				
30 Build a Burger or Western Burger Sweet Potato Fries Celery Sticks w/Dip Assorted Canned Fruit Assorted Fresh Fruit *Chicken Tenders/Roll/Fries	31 Chicken Patty on a Roll French Fries Broccoli w/Dip Assorted Canned Fruit Assorted Fresh Fruit *Pork Rib Patty Sand. & Waffle Fries	1 General Tso Chicken w/Rice Oriental Vegetables Carrot Sticks w/Dip Assorted Canned Fruit Assorted Fresh Fruit *Pizza & Spicy Fries	2 Sloppy Joe on a Roll Baked Beans Corn Cobbett Assorted Canned Fruit Assorted Fresh Fruit *Bacon Cheeseburger & Fries	3 Cheese or Pepperoni Pizza Tossed Salad Seasoned Green Beans Assorted Canned Fruit Assorted Fresh Fruit *Spicy Chicken Patty on Roll. & Puffs
Weekly Salad: Southwestern Chicken Salad				

Stillwater October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 PopTarts Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice	3 Mini Cinnis Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	4 Flatbread with Sausage, Egg & Cheese Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice	5 Apple Frudel Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	6 Mini Pancakes Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice
9 No School	10 Breakfast Pizza Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	11 Mini French Toast Sticks Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice	12 Cherry Frudel Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	13 Mini Bagels Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice
16 PopTarts Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice	17 Mini Cinnis Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	18 Flatbread with Sausage, Egg & Cheese Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice	19 Apple Frudel Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	20 No School
23 Banana Bread Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice	24 Breakfast Pizza Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	25 Mini French Toast Sticks Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice	26 Cherry Frudel Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	27 Mini Bagels Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice
30 Apple Frudel Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice	31 Cinnamon Roll Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	1 Breakfast Pizza Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice	2 Mini Bagels Cereal & String Cheese Cereal & Yogurt Assorted Fruit Fruit Juice	3 Mini Pancakes Cereal & Toast Cereal & Yogurt Assorted Fruit Fruit Juice

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