

Breakfast Choices: Entrée, Fruit, Juice and Milk

Lunch Choices: Entrée, Fruit, Vegetables and Milk

# OCTOBER 2019

Hood Canal School District #404

A variety of fresh vegetables are offered from the vegetable bar daily

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>NATIONAL SCHOOL LUNCH WEEK</b> <b>OCTOBER 14<sup>TH</sup>-18<sup>TH</sup></b></p>	<p><b>1</b> <u>Strawberry Bagel Bites</u></p> <p>Chicken Drumstick Breadstick Coleslaw Applesauce</p>	<p><b>2</b> <u>Cold Cereal w/ Cheese Stick</u></p> <p>Washington Apple Crunch @ 10:15am Pizza Green Beans 100% Frozen Fruit Slushy</p>	<p><b>3</b> <u>FFVP TODAY</u> <u>Yogurt &amp; Granola</u></p> <p>Chicken Noodle Soup Cheese Toast Grapes</p>	<p><b>4</b> <u>Bagel w/ Cream Cheese</u></p> <p><i>Today is National Taco Day!</i> Dorito's Walking Taco Black Beans Apple</p>	
	<p><b>7</b> <u>FFVP TODAY</u> <u>Breakfast Burrito</u></p> <p>Teriyaki Dippers Brown Rice Pears</p>	<p><b>8</b> <u>Banana Chocolate Chip Bar</u></p> <p>Taco Pie Corn Mixed Fruit</p>	<p><b>9</b> <u>Ultimate Breakfast Cookie Cheese Stick</u></p> <p>Cheeseburger Sliders French Fries Orange Wedges</p>	<p><b>10</b> <u>FFVP TODAY</u> <u>Strawberry Splash Pancakes</u></p> <p>Chicken Caesar Salad Garlic Bread Cinnamon Apple Slices</p>	<p><b>11</b> <u>Cinnamon Bagel Bites</u></p> <p>Ham &amp; Cheese Sandwich Chips Grapes</p>
	<p><b>14</b> <u>FFVP TODAY</u> <u>Chocolate Chip French Toast Bites</u></p> <p>Chickenburger French Fries Pineapple Tidbits</p>	<p><b>15</b> <u>Yogurt &amp; Granola</u></p> <p><i>Breakfast 4 Lunch</i> Pancakes w/ Syrup Scrambled Eggs w/ Cheese Blueberries</p>	<p><b>16</b> <u>Cold Cereal w/ Cheese Stick</u></p> <p>Corn Dog Chips Orange Wedges</p>	<p><b>17</b> <u>FFVP TODAY</u> <u>Pancake on a Stick</u></p> <p><i>Today is National Pasta Day!</i> Chicken Alfredo Garlic Bread Banana</p>	<p><b>18</b> <u>Chocolate Chip Muffin</u></p> <p>Soft Taco Refried Beans Apple</p>
	<p><b>21</b> <u>FFVP TODAY</u> <u>Maple Madness Waffles</u></p> <p>Fish Filet French Fries Peaches</p>	<p><b>22</b> <u>Strawberry Bagel Bites</u></p> <p>Breadsticks w/ Marinara Sauce Green Beans Mandarin Orange</p>	<p><b>23</b> <u>Egg &amp; Cheese Sandwich</u></p> <p>Bean &amp; Cheese Burrito Corn Applesauce Cup</p>	<p><b>24</b> <u>Yogurt &amp; Granola</u></p> <p>Pizza 100% Frozen Fruit Slushy</p>	<p><b>25</b> <u>Cinnamon Raisin Bagel</u></p> <p>PB&amp;J Baby Carrots Banana</p>
	<p><b>28</b> <u>FFVP TODAY</u> <u>Breakfast Wrap</u></p> <p>Mac-n-Cheese Wheat Roll Green Beans Apple</p>	<p><b>29</b> <u>Chocolate Chip Breakfast Bar</u></p> <p><i>Breakfast 4 Lunch</i> French Toast w/ Syrup Strawberries</p>	<p><b>30</b> <u>Cold Cereal w/ Cheese Stick</u></p> <p>Chickenburger Baked Beans Pineapple Tidbits</p>	<p><b>31</b> <u>FFVP TODAY</u> <u>Boo-Berry Muffin (Blueberry)</u> <u>Wicked Green Apple</u> <i>Happy Halloween</i> Spook-ghetti w/ Eyeballs Ghost Bread Boo-nana (Spaghetti, Garlic Bread, Banana)</p>	<p><b>OCTOBER IS NATIONAL PIZZA MONTH</b></p>

In order to provide fresh healthy meals, we may have to make menu changes.

This institution is an equal opportunity provider and employer.