OCTOBER

Forestville Middle/High School

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
Breakfast Available Daily: Chocolate or 1% Milk / Fresh Fruit, Assorted 100% Juice, Assorted Cereal, Pop-tarts or Cereal Bar Adult Prices: Breakfast: \$3.77				1	Pumpkin Bread Hamburger Gravy over Mashed Potato Dinner Roll Green Beans Mandarin Oranges	2	Assorted Muffins BBQ Pork on a Brioche Bun Sweet Potato Waffle Fries Cole Slaw Frozen Fruit Cup	3	Whole Grain Doughnuts Cheese or Buffalo Chicken Finger Pizza Tossed Salad Fresh Fruit
6	Banana Oatmeal Bar Orange Chicken over Brown Rice Broccoli Yogurt Cup	7	Hannerito Goulash WG Garlic Texas Toast Tossed Salad Fresh Fruit	8	Cinnamon Rolls Chicken Finger Sub Sun Chips Carrot Sticks Frozen Fruit Cup	9	Fruit & Yogurt Bar Grilled Cheese Sandwich Tomato Soup Goldfish Crackers Green Beans Frozen Fruit Cup	10	Pancakes Cheese or Cheese & Pepperoni Pizza Broccoli Fresh Fruit
13	No School Columbus Day	14	Pumpkin Bread Soft Shell Taco Brown Rice Refried Beans Frozen Fruit Cup	15	Pizza Bagels Pork Chop Patty Mashed Potato California Blend Veggies Fresh Fruit	16	Cereal, Toast or Poptarts Grilled Chicken on a Bun Tator Tots Maple Carrots Fresh Fruit	17	Smoothies & Grahams Cheese or Taco Pizza Corn Mandarin Oranges
20	Chocolate Chip Oatmeal Bar Chicken Nuggets Mashed Potato Green Beans Fruit Cup	21	Bagels w/ Peanut Butter Macaroni & Cheese Dinner Roll Maple Carrots Fresh Fruit	22	Apple Frudel Chicken Quesadilla Brown Rice Corn Frozen Fruit Cup	23	Fruit & Yogurt Bar Cheeseburgers Crinkle Cut Fries Baked Beans Mandarin Oranges	24	Hannerito Cheese or Cheese & Pepperoni Pizza Tossed Salad Fresh Fruit
27	Pumpkin Bread Fish Sticks Mashed Potato	28	Pizza Bagels Taco in a Bag Brown Rice	29	French Toast Sticks & Sausage Links Buffalo Chicken Wrap Whole Grain Chips	30	Cinnamon Rolls Spaghetti & Meatballs Breadstick	31	Cheese Or BBQ Chicken Finger Pizza

Carrot Sticks

Fresh Fruit

Green Beans

Fruit Cup

Corn

Frozen Fruit Cup

Maple Carrots

Ice Cream Treat

Tossed Salad

Fresh Fruit