OCTOBER 2 ELEMENTARY A choice of milk and a Grab N' Go will be offered every da

NORTH ZULCH



13

Chicken & Waffles or Chicken Strips with Hot Roll Mashed Potatoes Steamed Vegetables Berries & Cream

Country Bowl

or Country Bucket

Hot Roll

Carrot Dippers

Fruit Cup

Steak Fingers

or Chicken Nuggets

Hot Roll

Mashed Potatoes

Roasted Vegetables

Peach Crisp

Homemade Smothered Steaks

or Chicken Strips

Hot Roll

Mashed Potatoes

Steamed Vegetables

15

22

29

WEDNESDAY

Chicken Spaghetti with Breadstick or Choice of Pizza Seasoned Green Beans Garden Fresh Salad Strawberry Apple Sauce

No School

Chicken Parmesan

with Garlic Bread

or Choice of Pizza

Steamed Vegetables

Garden Fresh Salad

Fruit Cup

Ravioli in Marinara Sauce

with Breadstick

or Choice of Pizza

Seasoned Vegetables

Garden Fresh Salad

Fruit Dessert

16

23

30

THURSDAY

Chili Dog or Cheese Burger Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit

FRIDAY



What is a Ghost's favorite dessert?

ICE SCREAM!

Na School

or Macaroni & Cheese

Choice of Chips

Steamed Broccoli

Carrot Dippers

Fruit

Asian Bowl or Popcorn Chicken with Fried Rice Seasoned Vegetables **Glazed Carrots** Fruit Salad

20 Stuffed Baked Potato with Hot Roll or Cheese Sticks with Marinara Sauce Macaroni & Cheese Steamed Broccoli **Carrot Dippers** 27

Fruit Medley

Beef or Chicken Nachos Refried Beans **Tossed Salad** Spanish Rice Homemade Salsa 14 **Orange Smiles**

or Crispito

Spanish Rice

Pinto Beans

Garden Fresh Salad

Homemade Salsa

Fruit Cup

Soft or Crispy Tacos Shredded Lettuce **Chopped Tomatoes** Pinto Beans Spanish Rice Homemade Salsa 21 Fruit Cup

Enrolladas or Crispitos Pinto Beans Cucumber Salad Spanish Rice Homemade Salsa Fruit Cup

28

Fruit Cup Chicken Drumsticks or Boneless Wings with Hot Roll Mashed Potatoes Seasoned Vegetables

Berries & Cream

Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza Steamed Vegetables Garden Fresh Salad Fruit Cup

Bacon Cheese Burger or Corn Dog Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie 17 Fresh Fruit

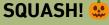
No School

BBQ Sub or Chicken Sandwich Basket with Fries Lettuce, Pickles & Tomatoes Fresh Baked Cookie Fresh Fruit 24

> Halloweenies or Mummy Dogs with Fried Spider Legs **Goblin Greens** Halloween Treat Fresh Fruit

> > 31

What do you get when you drop a pumpkin?





A choice of milk will be offered every day.

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK OF 10/1, 10/13 & 10/27	Breakfast Pizza	Eggs & Bacon with Toast	Pig in a Blanket	Biscuits & Gravy	Pancake Wrap
WEEK OF 10/6 & 10/20	Waffles	Eggs with Sausage & Toast	Breakfast on Bun	Banana Bread	Breakfast Taco