

OCTOBER LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 - Egg Omelet	2 - Pancakes
			Mr. Rib Sandwich on a WG Bun Tater Tots Strawberries	Mandarin Orange Chicken Rice Broccoli Peaches
5 - Waffles	6 - TacGo	7 - Long John	8 - Breakfast Pizza	9 - Cereal /Yogurt
Egg Sausage Sandwich Green Beans Orange Juice Fresh Fruit	Italian Dunkers Corn Tropical Fruit	Chicken Patty on a WG Bun Carrots Rosy Pears	Scalloped Potatoes & Ham Cheese Stick Peas Applesauce Dinner Roll	Cheddarwurst on a WG Bun Broccoli Pineapple
12 - Pop Tart	13 - Breakfast Boat	14 -	15 - French Toast	16 - Egg Patty/Sausage
Chicken Nuggets Mashed Potatoes Peas Peaches	Cheeseburger on a WG Bun French Fries Apple	NO SCHOOL IN-SERVICE	Pork Patty on a WG Bun California Medley Mandarin Oranges	Pizza Corn Lettuce Fresh Fruit
19 - Breakfast Pizza	20 - Lumberjack	21 - Eggs/Sausage	22 - Bagel w/Toppings	23 - Long John
Sloppy Joe on a WG Bun Hashbrown Tropical Fruit	Roast Beef Sandwich on a WG Bun Cole Slaw Baked Beans Mixed Fruit	Chicken Philly on a WG Bun Italian Veggies Applesauce	Spaghetti w/Meat Sauce Green Beans Fresh Fruit WG Cheese Stick	Grilled Cheese Tomato Soup Crackers Carrots / Celery Sticks Peaches
26 - Pancakes	27 - Breakfast Bar / Cereal	28 - Biscuits & Gravy	29 - Cereal Bar / Yogurt	30 - Muffin
Ham & Cheese Melt on a WG Bun Carrots Baked Chips Fruit Cocktail	Goulash Green Beans Applesauce Dinner Roll	Hot Dog on a WG Bun Potato Wedges Baked Beans Mandarin Oranges	Taco Casserole Lettuce Pineapple WG Breadstick	Hamburger on a WG Bun Saucy Noodles Broccoli Peaches

*Breakfast includes: Milk and Juice

*Milk is served with each lunch

*This institution is an equal opportunity provider and employer

*Menu subject to change

It is the policy of the South Central Calhoun Community School District to not discriminate on the basis of race, color, national origin, sex, disability, religion, creed, age, marital status, sexual orientation, gender identity, or socioeconomic status in its programs, activities or employment practices. Questions or grievances related to this policy may be addressed to the district's Equity Coordinator, Wendi Geno, at South Central Calhoun CSD, 1000 Tonawanda Avenue, Rockwell City, IA 50579 or call 712-297-7222.