

# Dee-Mack K-8 October Menu

**Entrée Alternatives:** Yogurt & String Cheese or Ham & Cheese Sand on WG Gold Fish bread

**Offered Daily:** Fruit, Veggies, Whole Grain Bread and Fat Free Milk (White or Chocolate)

**Variety of Fresh Fruits & Veggies that may include:** Carrot Sticks, Romaine, Celery Sticks, Apples or Oranges.

**Choice of Non Fat Chocolate and White Milk**

Menu Subject to Change

Mon	Tue	Wed	Thu	Fri
<b>1</b> Cheese Quesadilla  Corn Peaches	<b>2</b> Ravioli w/garlic bread  Green Beans Applesauce	<b>3</b> Corn Dog  Tri Taters Mixed Fruit	<b>4</b> Gr. Cheese Sand.  Carrot Sticks Pineapple	<b>5</b> Meat Nachos  Lettuce Salad Pears
<b>8</b>  <b>NO SCHOOL</b>	<b>9</b> Tangerine Chicken & Rice  Corn Mixed Fruit	<b>10</b> Cheeseburger  Edamame Pineapple	<b>11</b> Chicken Bites  Green Beans Pears	<b>12</b> Walking Taco  Lettuce Salad Peaches
<b>15</b> Br. Chicken Sand  Corn Mixed Fruit	<b>16</b> Hot Dog  Baked Beans Pineapple	<b>17</b> Bosco Sticks  Green Beans Pears	<b>18</b> Biscuit & Gravy w/ sausage link Mashed Potatoes Gravy Peaches	<b>19</b> Pizza  Lettuce Salad Applesauce
<b>22</b> Brat  Tri Taters Pineapple	<b>23</b> Meatball Sub  Corn Pears	<b>24</b> New Orleans Chicken & Rice  Green Beans Peaches	<b>25</b>  <b>SIP Day</b> <b>No lunch Served</b>	<b>26</b>  <b>NO SCHOOL</b>
<b>29</b> Tenderloin  Corn Pears	<b>30</b> Chicken Nuggets  Green Beans Peaches	<b>31</b> Max Cheese Sticks  Carrot Sticks Applesauce	<b>1</b> Cheeseburger  Edamame Mixed Fruit	<b>2</b> Chicken Taco  Lettuce Salad Pineapple