

OCTOBER | 2019



Junior High

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

30	1 Creamed Chicken Biscuits Peas Peaches	2 Sausage & Egg Sandwich Sweet Potato Fries Green Beans Pears	3 E- LEARNING	4 Orange Chicken Asian Rice Broccoli Pineapple
7 Idaho Nachos Broccoli Applesauce Peanut Butter Cookie Breadstick	8 Chicken & Noodles Mashed Potatoes Corn Peaches	9 French Toast Sausage Links Peas Cinnamon Apples	10 Bosco Sticks Marinara Sauce Green Beans Fruit Cocktail	11 Sweet & Sour Chicken Brown Rice Oriental Vegetables Pineapple
14 Fiestada Carrots Applesauce Brownie	15 Chicken Bowl Mashed Potatoes & Gravy Corn Peaches Dinner Roll	16 Biscuits & Gravy Sausage Links Tri-tator Peas Pears	17 Chicken Parmigiana Pasta Broccoli Fruit Cocktail	18 Teriyaki Chicken Asian Noodles Green Beans Pineapple
21 Mexican Dip Tortilla Chips Carrots Applesauce	22 Chicken Drumstick French Fries Baked Beans Peaches Dinner Roll	23 Breakfast Bowl Sausage Pattie Peas Orange Juice Donut	24 Chicken Alfredo Broccoli Fruit Cocktail	25 Chicken Wings Corn Green Beans Pears Dinner Roll
28 Quesadilla Refried Beans Lettuce Applesauce	29 Country Fried Steak Mashed Potatoes & Gravy Corn Peaches Dinner Roll	30 Breakfast Pizza Peas Pears Cookie	31 Cheese Ravioli Meat Sauce Italian Blend Fruit Cocktail	1

News

Did you know???

You can apply
or re-apply
for Free or Reduced
benefits at any time
during the school year...
even if you did not
qualify earlier in the
year?

So, if your income
decreases or your
household size changes
at any time,
you can apply/re-apply.

Applications are
available
Online, at Central Office
or at any school.