


OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 French Toast w/Sausage Diced Potatoes Fresh Bananas Chilled Applesauce	3 Soft Shell Taco w/ Cheese & Lettuce Cup Refried Beans Fresh Strawberries Chilled Pears	4 Sausage Gravy over Biscuits Hash Browns Fresh Oranges Chilled Mixed Fruit	5 1/2 Day – dismissal @ 11:38 P/T Conferences 1:00- 4:30 and 5:00-7:00 K-5 Crisпитos Carrot Sticks w/Ranch Fresh Apple Slices Chilled Peaches	6 NO SCHOOL
9 Beef Quesadilla Green Beans or Butter Beans Fresh Cantaloupe Chilled Pineapple	10 Hotdog or Chili Dog on Whole Wheat Bun Hash Browns Fresh Peaches Chilled Pears	11 Popcorn Chicken Corn or Beets Sandwich Fresh Strawberries Chilled Applesauce	12 Ham & Cheese Sandwich on Whole Wheat Bun Peas or Carrots Fresh Pears Chilled Cinnamon Apples	13 Little Caesar's Pizza Low Fat Cottage Cheese Side Salad Fresh Apple Slices Chilled Mixed Fruit
16 Spaghetti w/Meat Sauce Green Beans or Side Salad Fresh Bananas Chilled Pears Bosco Sticks	17 Nacho w/Meat & Cheese Sauce Refried Beans Muffin Fresh Peaches Chilled Applesauce	18 Chicken Quesadilla Baked Beans or Carrot Sticks w/Ranch Fresh Grapes Chilled Mixed Fruit	19 Hamburger or Cheese- burger on Whole Wheat Bun, Corn or Spinach Assorted Chips Fresh Pineapple Chilled Mandarin Oranges	20 Little Caesar's Pizza Low Fat Cottage Cheese Side Salad Fresh Apples Chilled Peaches
23 Taco Salad Peanut Butter or Butter Sandwich Fresh Bananas Chilled Mixed Fruit	24 Chicken Drumsticks Stuffing Cooked Cabbage Muffin, Fresh Apples Chilled Cinnamon Apples	25 Sloppy Joe on Whole Wheat Bun Peas or Cooked Carrots Pickle Spears Fresh Grapes Chilled Applesauce	26 Fiestadas Cole Slaw or Corn Fresh Pineapple Chilled Peaches	27 Little Caesar's Pizza Low Fat Cottage Cheese Side Salad Fresh Peaches Chilled Pineapple
30 Pancake & Sausage on a Stick Diced Potatoes Fresh Bananas Chilled Peaches	31 Chicken Sandwich on a Whole Wheat Bun Corn or Baked Beans Fresh Oranges Apple Slices w/Caramel			All meals are served with 1% white milk and fat-free chocolate milk. Salad bar is available Monday-Thursday.

NORTH ADAMS-JEROME PUBLIC SCHOOLS

Free breakfast is available daily. Menu is subject to change. USDA is an equal opportunity provider and employer.