

**OCTOBER
2016
JR HIGH**

3 Nacho/ Chili Salsa Corn & Black Bean Salad Pears Choice of Milk	4 Jambalaya Mashed Sweet Potatoes Green Beans Peaches Cornbread Choice of Milk	5 Salsbury Steak Mashed Potatoes Carrots Stewed Apples Yeast Roll Choice of Milk	6 Chicken Pattie on Bun French Fries Tomato Sandwich Cup Fresh Orange Choice of Milk	<p style="text-align: center;">*****HOLIDAY*****</p>
<p style="text-align: center;">*****HOLIDAY*****</p>	11 Chili Quick Baked Potato Broccoli/ Cheese Sauce Pineapple Tidbits Cornbread Choice of Milk	12 Burrito French Fries Salad Fruitsicle Choice of Milk	13 BBQ Pork Baked Beans WK Corn Mandarin Oranges Chocolate Chip Cookie Sub Bun Choice of Milk	14 Taco Meat & Shell Salsa Mexican Beans Salad Pears Cinnamon Roll Choice of Milk
17 Hamburger On Bun French Fries Tomato Sandwich Cup Applesauce Brownie Choice of Milk	18 Meat Sauce & Spaghetti Mashed Sweet Potatoes Green Beans Pineapple Tidbits Garlic Bread Choice of Milk	19 Chicken Nuggets Baked Beans Carrot & Celery Sticks Fresh Apple Yeast Roll Choice of Milk	20 Gumbo Steamed Rice Salad Mixed Vegetables Mandarin Oranges Crackers Choice of milk	21 Steak Fingers Mashed Potatoes/ Gravy Steamed Broccoli Peaches Roll Choice of Milk
24 Hot Dog on Bun/ Chili Baked Beans Potato Rounds Pear Half Choice of Milk	25 Cheesy Spaghetti Green Beans Carrots Sticks Applesauce Garlic Bread Choice of Milk	26 Pizza/ Dipping Sauce WK Corn Salad Fresh Banana Choice of Milk	27 Baked Chicken Mashed Potatoes Sweet Carrots Peaches Chocolate Pudding Biscuit Choice of Milk	28 Pinto Beans & Sausage Steamed Rice Mustard Greens Pineapple Tidbits Cornbread Choice of Milk
31 Nacho/ Chili Salsa Corn & Black Bean Salad Pears Choice of Milk				