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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| 4 Whole wheat Pasta with Meat saucePeasApple Sauce | 5Cheesy Broccoli RiceGreen BeansBanana Half  | 6 Grilled Cheese on wheat breadCarrotsPineapple | 7 Turkey & Broccoli CasseroleMixed vegetablesApple Slices | 8Chicken Salad on wheat rollCali vegetablesPineapple |
| 11Mac ‘n’ cheeseGreen beansApple Slices | 12 Beef Soft TacoTossed Salad /Peas (t)Banana Half | 13Ham & Cheese on wheat breadSweet Potato Fries/Green BeansSliced pears | 14Chicken ParmesanCalifornia vegetablesApple Sauce | 15Hot Chicken Sandwich w/GravyMashed PotatoesBanana Half  |
| 18Beefy Mexican rice casserole Mixed vegetablesPineapple | 19 Home Made LasagnaGreen BeansBanana Half | 20Turkey & Cheese on wheat breadCarrotsSliced Pears  | 21Chicken BBQ on a wheat rollMashed PotatoesApple sauce  | 22Mini Mexican Cheese PizzaAutumn BlendBanana Half |
| 25Chicken FajitasGreen BeansSliced Apples | 26BeefaroniTossed salad/peas (T)Banana half | 27Grilled cheese sandwich on wheat bread CarrotsApple sauce  | 28 Chicken Vegetable casseroleCarrotsPineapple | 29 Stewed Beef & RiceTater Totes/Green beansSliced Pears |