

Freshwater ~ October ~ 2017 Lunch ~ \$3.25

Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joes	3 Orange Chicken Stir Fry	4 Baked Potato Bar	5 Burritos	6 Pizza
9 Mashed Potatoes & Chicken Gravy	10 Tacos	11 Rotini Pasta w/Meat Sauce	12 Burritos	13 Pizza
16 Chicken Noodle Soup	17 Pulled Pork Sandwich	18 Taco Pie	19 Burritos	20 Pizza
23 Lasagna	24 Chili & Cornbread	25 Cheeseburgers	26 Burritos	27 Pizza
30 Spaghetti	31 Tacos	November 1 Sloppy Joes	2 Burritos	3 Pizza

Non-fat Chocolate Milk or 1% Milk Available Every Day

Fruit and Vegetables Served With Every Meal

Breakfast ~ \$1.00

Monday	Tuesday	Wednesday	Thursday	Friday
2 Bagels	3 Ham and Egg Scramble	4 Oatmeal	5 Pancakes	6 Country Potatoes and Eggs
9 Bagels	10 Ham and Egg Scramble	11 Oatmeal	12 Pancakes	13 Country Potatoes and Eggs
16 Bagels	17 Ham and Egg Scramble	18 Oatmeal	19 Pancakes	20 Country Potatoes and Eggs
23 Bagels	24 Ham and Egg Scramble	25 Oatmeal	26 Pancakes	27 Country Potatoes and Eggs
30 Bagels	31 Ham and Egg Scramble	Nov 1 Oatmeal	2 Pancakes	3 Country Potatoes and Eggs

Milk and fruit are included with each breakfast. Alternatives for breakfast are yogurt, string cheese, and cereal

In accordance with federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-@, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). The USDA is an equal opportunity provider and employer.

