



# October 2018

All meals served with 1% white milk and either chocolate or strawberry non-fat

## Important School Dates for

### October:

Tuesday, October 2<sup>nd</sup> – Portland Opera

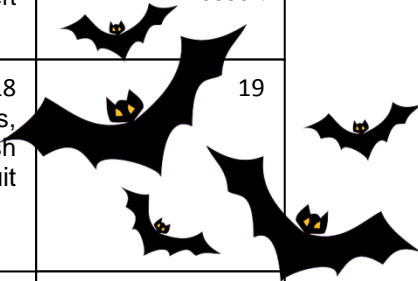
Tuesday, October 9<sup>th</sup>- School Picture Day


October 12<sup>th</sup> Adventure Friday

October 15<sup>th</sup> -18<sup>th</sup> – Book Fair

October 15<sup>th</sup> -19<sup>th</sup> Fall Parent-Teacher-Student Conferences

October 29<sup>th</sup> –November 1<sup>st</sup> Spirit Week



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets French fries, Veggies, Fruit	2 Super Nachos, veggies, fruit	3 WG Pizza Rippers, Salad, Corn, Fruit	4 Chicken in Gravy, Mashed Potatoes, Green Beans, Whole Grain Roll, Fruit	5
8 Turkey & Ham Sub Sandwich, WG Tortilla Chips, Veggies, Fruit	9 Chicken Quesadilla, Brown Rice and Beans, Salsa, Salad, Veggies, and Fruit	10 WG Pizza Rippers, Salad, Corn, Fruit	11 Corn Dogs, Veggies, French fries, fruit Dessert	12 Adventure Friday Chicken Nuggets, Chips, Fruit, Dessert
15 Taco Soup, Whole Grain Roll, veggies, and Fruit	16 Chicken or Fish on a WG bun, lettuce, tomatoes, French fries, fruit	17  WG Pizza Rippers, Fresh Salad, Corn, Fruit	18 Teriyaki Dippers, Rice, Fresh Veggies, Fruit	19
22 Chicken Nuggets French fries, Veggies, Fruit	23 Hamburger & Gravy, Mashed Potatoes, Green Beans, Whole Grain Roll, Fruit	24 WG Pizza Rippers, Salad, Corn, Fruit	25 Chicken Quesadilla, Brown Rice, Vegetables, Refried Beans, Salsa. Fruit	Friday 26
Monday the 29 <sup>th</sup> Taco Rolls, Brown Rice and Beans, Salsa, Salad, Veggies, and Fruit		Tuesday the 30 <sup>th</sup> Spaghetti, garlic cheese bread, salad, veggies,fruit		Wednesday the 31 <sup>st</sup> Pizza Rippers, Salad, Corn, and Fruit,
Mondays WG breakfast pizza, cereal, yogurt, fruit	Tuesdays W G pretzel, cheese stick, cereal, yogurt, fruit	Wednesdays egg sandwich cereal, yogurt, fruit	Thursdays cereal, sausage on a stick, yogurt, fruit	Fridays Cooks Choice will be served on regular school days reset to Fridays

Paterson School is an equal opportunity provider and employer. Menu subject to change due to availability of food.

