

McKenzie OCTOBER

Monday	Tuesday	Wednesday	Thursday
2 Mac & Cheese Chicken Nuggets	3 Nacho Bar Cheese Quesadilla	4 Bake Potato Bar (Ham, Broccoli & cheese) Italian Subs	5 Pizza Day
9 Beef Stew & Biscuit Chicken Nuggets	10 Nacho Bar Tacos	11 Lasagna & Bread Sticks Cheeseburger	12 Pizza Day
16 Fish & Fries Chicken Nuggets & Fries	17 Nacho Bar Shredded Pork Enchiladas	18 Bread Sticks and Mariana Pesto Chicken on flat bread	19 Pizza Day
23 Orange Chicken & Rice Chicken Nuggets & Rice	24 Nacho Bar Cheese Quesadilla	25 Spaghetti & Bread Sticks Cheeseburgers	26 Pizza Day
30 Mac & Cheese Chicken Nuggets	31 Toxic Nachos Kidney Stew Graveyard Pudding		



Breakfast Served Daily Before School @ 7:45

Mon~ Pancake & Sausage
Wrap

Tues~ Cheesy Egg

Burritos

Wed~ French Toast

Thur ~ Biscuit's & Gravy

Served Daily

Cereal, Fruit, Juice,

NF Chocolate & 1% White
Milk

C.A.T.C.H TIP

Make water the drink of
choice at meal times, and
keep juice and sweet
drinks as occasional
treats.

While juice has valuable
nutrients and gives a
concentrated energy boost
for active, growing bodies,
kids should go for water
first when they are thirsty,
not sugar-sweetened
drinks.

Vegetarian options available daily

LARGE FRESH SALAD BAR, FRUIT, NF CHOCOLATE, 1% WHITE MILK SERVED DAILY



~ This institution is an equal opportunity provider~

~Menu is subject to change~

