

I'm **DELILAH**
THE DAIRY COW

OCTOBER

2019



GOOD EATS AT

Dairy products help build Strong Bones so you can grow up healthy and Move fast! Milk is an excellent source of calcium and vitamin D.

SPECIAL ANNOUNCEMENTS

JOKE for the Month

What do you call a cow that doesn't give milk?
Answer: A Milk Dude!
Aug. 17th - End of 9 Weeks

Milk Served Daily
Menu Subject to Change

M	Yogurt MCRib On W/G Bun Potato Smiles Garden Bar Apple Wedges 1	T	Sausage Biscuit Chicken Quesadilla W/G Chips Black Bean Salsa Refried Beans Applesauce 2	W	Cheese Stick Cavatini Seasoned Corn Whole Grain Roll Orange Wedge 3	TH	Cinnamon Roll Tater Tot Casserole Green Beans Muffin Peaches 4
	French Toast Chicken Patty Mashed Potato Green Beans W/G Hot Roll Peaches 7		Muffin Lasagna Garlic Bread Marinara Sauce Apple Cookie 8		Tornado Taco Burger on W/G Bun Refried Beans W/G Chips Orange 9		Pancake on Stick Pizza Baby Carrots Strawberries & Bananas Garden Bar 10
							Breakfast Bun Hot Ham & Cheese on W/G Bun Potato Wedge Broccoli Fruit Cocktail FAB 11

NATIONAL SCHOOL LUNCH WEEK
OCTOBER 14-18
SquareMeals.org/NSLW

	Funnel Cake Chicken Strips Brown Rice Cook Carrots Apple 14		Cinnamon Roll Pig In Blanket Broccoli/Cheese Potato Wedges Orange 15		Yogurt Taco Salad Refried Beans W/G Cinnamon Puff Banana 16		Cinnamon Toast Spaghetti Green Beans W/G Garlic Bread Peaches 17		NO SCHOOL 18
	Yogurt BBQ Beef on W/G Bun Potato Smiles Baked Beans Brownie Pears 21		Sausage Biscuit Stromboli Green Beans Marinara Apple Wedges 22		Pancake On Stick Burrito Mexican Corn W/G Chips Orange 23		Cinnamon Toast Chicken Tetrizzini W/G Garlic Bread Seasoned Peas Pineapple 24		BK Burrito Chicken Fried Steak Mash Potato Broccoli W/G Hot Roll Applesauce 25

	BK Pizza Chicken Nuggets Mash Potato Seasoned Corn W/G Hot Roll Orange 28		Cinnamon Roll Hamburger On W/G Bun Oven Fries Baked Beans Strawberries & Bananas 29		Tornado Chili Tortilla Chips Garden Bar Cinnamon Roll Peaches 30		Muffin Mac & Cheese Little Smokies Season Peas W/G Slice Bread Apple Wedges 31		
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