





# October 2011



# ZAHNOW ELEMENTARY SCHOOL

## Home of the Bulldogs

Mon	Tue	Wed	Thu	Fri
<p>3 Popcorn Chix or Toasted Ravioli w/ Cheese Stix Green Beans and Cherry Crisp BREAKFAST: Donut w. Fruit or Cereal with Toast</p>	<p>4 Chix Nuggets or Mini Corn Dogs Baked Beans and Fresh Apple Slices BREAKFAST: Scrambled Eggs w/ Bacon Toast or Cereal and Toast</p>	<p>5 Turkey Dinner or Lunch Stackers w/ Yogurt Corn and Orange Smiles BREAKFAST: Bagels with Yogurt and Ham Slice or Cereal w/ Toast and</p>	<p>6 Soft Taco or Cheese Pizza Applesauce and Carrot Stix w/ Dip BREAKFAST: Funnel Cake with Sausage or Cereal with Toast</p>	<p>7 <b>Institute Day</b></p> 
<p>10 <b>Columbus Day</b></p> 	<p>12 Pepperoni Pizza or Delux Burger Smiley Fries and Blueberry Crisp BREAKFAST: Cereal with Toast or Long John w Fruit</p>	<p>12 BBQ Riblet on Bun w/ Chips &amp; Pickle or Chix Noodle Soup w/ Grilled Cheese Sand. Corn and Raisins BREAKFAST: Otis Muffin w/ Ham &amp; Toast or Cereal w Toast <b>HAPPY BIRTHDAY TREAT</b></p>	<p>13 Cheesy Chix Patty or Hotdog on Bun w/ Mac n Cheese Green Beans and 1/2 Banana BREAKFAST: Pancakes and Sausage or Cereal w/ Toast &amp; Sausage Link</p>	<p>14 Spaghetti w/ Meatballs and Garlic Toast or Fish Shapes on Bread w/ Cheese Apricots and Garden Salad BREAKFAST: Waffle Stix w/ Ham or Cereal</p>
<p>17 Cheese Pizza or Delux Burger Fries and Cinnamon Apple Crisp BREAKFAST: Breakfast Pizza or Cereal with Long John</p>	<p>18 Toasted Ravioli w/ Cheese Stix or BBQ Pork Sand w/ Chips Pasta Salad and Strawberry Applesauce BREAKFAST: Sausage &amp; Egg Biscuit or Cereal with Fruit</p>	<p>19 Roast Turkey Dinner or Mini Corn Dogs Garden Peas and Mixed Fruit BREAKFAST: Otis Muffin w/ Ham or Cereal/ Oatmeal with Toast &amp; Ham</p>	<p>20 Macho Nacho or Chix Strip Wrap Corn and Cherry Crisp <b>RICE KRISPIE TREAT</b> BREAKFAST: French Toast and Sausage or Cereal w Toast</p>	<p>21 Spaghetti w/ Meatsauce and Bread Stix or Fish Shape Sand. Mixed Fruit and Pasta House Salad BREAKFAST: Breakfast on a Stix or Cereal with Toast</p>
<p>24 Pepperoni Pizza or Delux Burger Oven Fries and Mixed Fruit BREAKFAST: Cereal w/ Toast or Long John with Fruit</p>	<p>25 Chix Nuggets w Muffin or Cheesy Chix Nachos Corn and Fresh Apple Slices BREAKFAST: Scrambled Eggs w/ Bacon &amp; Toast or Cereal &amp; Toast</p>	<p>26 Turkey Dinner or Chix O's Peas and Pears BREAKFAST: Bagels w Cream Cheese &amp; Yogurt or Cereal/ Oatmeal with Toast <b>HALLOWEEN TREAT</b></p>	<p>27 Parent/Teacher Conference</p> 	<p>28 Parent/ Teacher Conference</p> 
<p>31 Popcorn Chix or Toasted Ravioli w/ Cheese Stix Green Beans and Mixed Fruit <b>FRUIT SNAX</b> BREAKFAST: Donut w. Fruit or Cereal with Toast</p>	<p><b>HAPPY HAUNTING</b></p>	