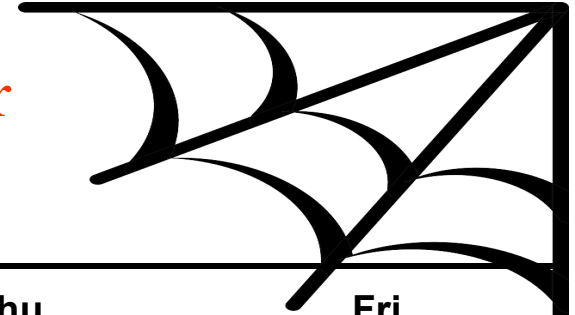






WATERLOO JR. HIGH SCHOOL

Home of the Bulldogs

October
2018



Mon	Tue	Wed	Thu	Fri
<p>1 Chicken nuggets or Sloppy joe on bun and Sweet potato fries and Mixed Fruit BREAKFAST: Donut with Fruit</p>	<p>2 Toasted Ravioli or Ham and cheese deli Orange Slices and Green Beans BREAKFAST: Sausage and Egg Biscuit with Fruit</p>	<p>3 BBQ Pulled Pork Sandwich or French Bread Pizza Tater Tots and Peaches BREAKFAST: Breakfast muffin & Fruit</p>	<p>4 Taco Salad or Turkey Deli w/sunchips Pears and Refried Beans BREAKFAST: Breakfast on a Stix with Fruit</p>	<p>5 NO SCHOOL</p> 
<p>8 COLUMBUS DAY</p> 	<p>9 Cheeseburger or Chicken Patty on bun baked beans Apple Slices and BREAKFAST: Apple Frudel Stix with Fruit</p>	<p>10 Chicken Alfredo or pizza chicken quesadilla greenbeans and Applesauce BREAKFAST: Bagels</p>	<p>11 Pizza Hut cheese pizza or soft taco and carrots w/ranch Grapes BREAKFAST: Cinnamon Rolls with Fruit</p>	<p>12 Spaghetti w/ meatballs & Breadstix or Fish sandwich Garden Salad & Peaches BRKFAST: Waffle Stix with Fruit</p>
<p>15 Burritos or Popcorn Chicken Corn and Fresh Apples BREAKFAST: Donut with Fruit</p>	<p>16 Bosco stix or Turkey wrap Oranges and Steamed Carrots BREAKFAST: Scrambled Eggs with Toast and Sausage</p>	<p>17 Taco soup w/ 1/2 Peanutbutter Sand. Or Pepperoni Pizza Celery w/ Peanutbutter and Grapes BREAKFAST: Breakfast Muffins w/ Fruit</p>	<p>18 Macho Nacho or Turkey Deli Pears and Refried Beans BREAKFAST: Funnel Cake with Fruit</p>	<p>19 Rotini w/meatsauce or Stuffed crust pizza Garden Salad and Mixed Fruit BREAKFAST: French Toast with Fruit</p>
<p>22 Cheeseburger or Mini Corn Dogs Apple Slices and Sweet Potato Fries BREAKFAST: Breakfast Pizza with Fruit</p>	<p>23 Toasted Ravioli with Meatsauce or Ham and cheese deli celery w/peanut butter and Orange Smiles BREAKFAST: Biscuits and</p>	<p>24 Pork Roast Dinner or Cheese pizza corn and Banana BREAKFAST: Bagel w/ Cream Cheese and Fruit</p>	<p>25 Soft taco or Turkey Deli Sandwich Refried Beans and Strawberries BREAKFAST: Mini Cinni's with Fruit</p>	<p>26 Spaghetti w/meatsauce or PIZZA HUT Cheese/Pepp Pizza Pasta House salad & Peaches BRKFAST: Pancakes with fruit</p>
<p>29 Beef Sliders or Cherry Blossom Chix Stir Fry Veggies and Mixed Fruit BREAKFAST: Choc. Filled crescent</p>	<p>30 Chix Fajita or Hot Ham and Cheese on Pretzel Bun Orange Slices and Green Beans BREAKFAST: Sausage and Egg Biscuit with Fruit</p>	<p>31 Chix Noodle Soup w/Grilled Cheese or Pepperoni pizza celery w/ranch and Peaches BREAKFAST: Breakfast Muffin & Fruit Halloween Treat</p>	