





# October 2017

## Wadena-Deer Creek Elementary School

This institution is an equal opportunity provider.

\*Menu is subject to change due to availability\*

<p>2 Cereal, fruit, juice. milk</p> <hr/> <p>Beef hot dog, baked fries, Veggies, Fruit, Milk</p>	<p>3 Long john or Cinnamon roll, Fruit, Juice, Milk</p> <hr/> <p>Lasagna, bread, baked beans, Veggies, Fruit, Milk</p>	<p>4 Fred, Fruit, Juice, Milk</p> <hr/> <p>Chicken gravy/mashed potatoes, bread, green beans, Veggies, Fruit, Milk</p>	<p>5 Yogurt/Cracker, Fruit, Juice, Milk</p> <hr/> <p>Riblett/bun, carrots, Veggies, Fruit, Milk</p>	<p>6 Waffle, Fruit, Juice, Milk</p> <hr/> <p>Homemade pizza, broccoli, Veggies, Fruit, Milk</p>
<p>9 Cereal, fruit, juice. milk</p> <hr/> <p>son shell taco, waffle, fries, Veggies, Fruit, Milk</p>	<p>10 Snack bread, cracker, Fruit, Juice, Milk</p> <hr/> <p>Chicken nuggets, mashed potatoes, bread, Veggies, Fruit, Milk</p>	<p>11 Cereal bar, Fruit, Juice, Milk</p> <hr/> <p>Hamburger/bun, baked beans, Veggies, Fruit, Milk</p>	<p>12 Donut, Fruit, Juice, Milk</p> <hr/> <p>Chicken Alfredo, bread stick, broccoli, Veggies, Fruit, Milk</p>	<p>13 Studel stick, Fruit, Juice, Milk</p> <hr/> <p>Grilled cheese, tomato soup, Veggies, Fruit, Milk</p>
<p>16 Cereal, fruit, juice. milk</p> <hr/> <p>Chicken patty/bun, baked fries, Cowboy beans, Veggies, Fruit, Milk</p>	<p>17 string cheese, crisp, Fruit, Juice, Milk</p> <hr/> <p>Salisbury steak, mashed potatoes, bread, Veggies, Fruit, Milk</p>	<p>18 breakfast pizza or cereal bar, Fruit, Juice, Milk</p> <hr/> <p>taco/bag, fixings, Veggies, Fruit, Milk</p>	<p>19</p> 	<p>20</p> 
<p>23 Cereal, fruit, juice. milk</p> <hr/> <p>Pizza, broccoli, cole slaw, Veggies, Fruit, Milk</p>	<p>24 long john or cinnamon roll, Fruit, Juice, Milk</p> <hr/> <p>Mini corn dogs, baked beans, Veggies, Fruit, Milk</p>	<p>25 muffin, Fruit, Juice, Milk</p> <hr/> <p>BBQ pork /bun, corn, Veggies, Fruit, Milk</p>	<p>26 yogurt, cracker, Fruit, Juice, Milk</p> <hr/> <p>Spaghetti, broccoli, bread sticks, Veggies, Fruit, Milk</p>	<p>27 waffle, Fruit, Juice, Milk</p> <hr/> <p>Bosch sticks, carrots, Veggies, Fruit, Milk</p>
<p>30 Cereal, fruit, juice. milk</p> <hr/> <p>Hamburger/bun, tiny whole potatoes, Veggies, Fruit, Milk</p>	<p>31 snack bread, cracker, Fruit, Juice, Milk</p> <hr/> <p>Beef Nacho's, chips, baked beans, Veggies, Fruit, Milk</p>	<p>1 stuffed crust bagel, Fruit, Juice, Milk</p> <hr/> <p>Mac 'n Cheese, green beans, Veggies, Fruit, Milk</p>		

Milk choice each day: skim, choc. skim & 1%.