

Week of October 1-5		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes, Sausage, Fruit Milk	Cereal, Porridge, Fruit	Ham, Eggs, Hashbrowns, Fruit, Milk	Cereal, Porridge, Fruit	Breakfast sandwiches, Fruit, Milk	
Lunch	Baked Mac and Cheese, Caesar Salad, Fruit Salad, Spinach Salad	Chicken Caesar Wraps, Pasta Salad, Broccoli Salad, Fruit Salad	Hamburger Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Fried Rice/Beef or Chicken, Caesar Salad, Asian Salad, Fruit Salad	Thanksgiving Dinner	
Snacks	Fruit	Fruit	Fruit	Fruit	Fruit	
Week of October 8-12		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Pancakes, Sausage, Fruit Milk	Cereal, Porridge, Fruit	Ham, Eggs, Hashbrowns, Fruit, Milk	Cereal, Porridge, Fruit	
Lunch		Pasta/Meat Sauce, Caesar Salad, Fruit Salad, Spinach Salad	Chicken Noodle Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Shepherds Pie, Caesar Salad, Asian Salad, Fruit Salad	Pizza, Caesar salad, Fruit Salad, Pasta Salad	
Snacks		Fruit	Fruit	Fruit	Fruit	
Week of October 15-19		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes, Sausage, Fruit Milk	Cereal, Porridge, Fruit	Ham, Eggs, Hashbrowns, Fruit, Milk	Cereal, Porridge, Fruit	Breakfast sandwiches, Fruit, Milk	
Lunch	Beef Stroganoff, Caesar Salad, Fruit Salad, Spinach Salad	Taco Salad, Pasta Salad, Broccoli Salad, Fruit Salad	Potato Bacon Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad	Perogies/Sausage, Caesar Salad, Asian Salad, Fruit Salad	Pizza, Caesar salad, Fruit Salad, Pasta Salad	
Snacks	Fruit	Fruit	Fruit	Fruit	Fruit	
Week of October 22-26		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Pancakes, Sausage, Fruit Milk	Cereal, Porridge, Fruit	Ham, Eggs, Hashbrowns, Fruit, Milk	Cereal, Porridge, Fruit	Breakfast sandwiches, Fruit, Milk	
Lunch	Pasta/Meat Sauce, Caesar Salad, Fruit Salad, Spinach Salad	Vegetable/Rice Bowls, Coleslaw, Caesar Salad, Fruit Sald, Pasta Salad	Hamburger Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad	pull pork sandwiches, Caesar Salad, Asian Salad, Fruit Salad	Pizza, Caesar salad, Fruit Salad, Pasta Salad	
Snacks	Fruit	Fruit	Fruit	Fruit	Fruit	
Week of October 29-Nov 2		Monday	Tuesday	Wednesday	Thursday	Friday

Breakfast	Pancakes, Sausage, Fruit Milk	Cereal, Porridge, Fruit	Ham, Eggs, Hashbrowns, Fruit, Milk		
Lunch	Mac and Cheese, Caesar Salad, Fruit Salad, Spinach Salad	Chili/Bannock, Coleslaw, Caesar Salad, Fruit Sald, Pasta Salad	Roasted Vegetable Soup, Bannock, Caesar Salad, Fruit Salad, Pasta Salad		
Snacks	Fruit	Fruit	Fruit		