



October

2021

In Season Pumpkins

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled



Monday

Tuesday

Wednesday

Thursday

Friday

Cheese Calzones w/ Marinara
Salad Bar
Milk **1**

Teriyaki Beef Dippers w/Brown rice
Fruits, Vegetables
Milk **4**

Walking Taco Salsa
Fruits, Vegetables
Milk **5**

Hamburger Fries
Fruits, Vegetables
Milk **6**

Cheese Pizza
Pepperoni Pizza
Fruits, Vegetables
Milk **7**

Teacher Inservice Day **8**

Chicken Corn Dog
Fruits, Vegetables
Milk **11**

Beef and Cheese Burrito
Salsa
Fruits, Vegetables
Milk **12**

Orange Chicken w/ Brown Rice
Fruits, Vegetables
Milk **13**

Cheese Pizza
Pepperoni Pizza
Fruits, Vegetables
Milk **14**

Garlic Bread Rippers
Fruits, Vegetables
Milk **15**

Chicken Nuggets
Dinner Roll
Fruits, Vegetables
Milk **18**

Sloppy Joe
Fruits, Vegetables
Milk **19**

Hamburger Fries
Fruits, Vegetables
Milk **20**

Cheese Pizza
Pepperoni Pizza
Fruits, Vegetables
Milk **21**

Cheesy Breadsticks w/ Marinara
Fruits, Vegetables
Milk **22**

Chicken Strips
Bread sticks
Fruits, Vegetables
Milk **25**

Macaroni & Cheese
Garlic Toast
Fruits, Vegetables
Milk **26**

Teriyaki Chicken w/ Brown Rice
Fruits, Vegetables
Milk **27**

Cheese Pizza
Pepperoni Pizza
Fruits, Vegetables
Milk **28**

Cheese Calzones w/ Marinara
Fruits, Vegetables
Milk **29**

Announcements

Eagle Rock Multi -Age Lunch

Daily Entrée Options:
PB Jammer, cheese stick

Daily Milk Options:
1% White Milk
Nonfat Chocolate Milk

(Menu Items are Subject to Change)

Breakfast is served before school daily

Meal Prices

One Lunch and One Breakfast are Free of Charge Daily

Extra Entrées have a \$3.00 charge.

Milk is charged \$.50 when not served with a complete lunch or Breakfast