

OCTOBER

Monday

Tuesday

Wednesday

Thursday

Friday

The name "October" comes from the Latin and Greek word ôctō, which means "eight." This is because October used to be the eighth month in the old Roman calendar before January and February were added.

1

Bagel w/Cream Cheese
or Cereal

Sweet & Sour Chicken
over Fried Rice
OR
Caesar Salad w/Garlic Breadstick

2

Yogurt & Granola
or Cereal

Pizza
OR
Chicken Wrap

Green Beans

5

Pancakes
or Cereal

Breakfast Pizza
OR
Breakfast Sandwich

Yogurt

6

Tortilla Wrapped Omelet
or Cereal

Chicken Tenders
OR
Chicken Wrap

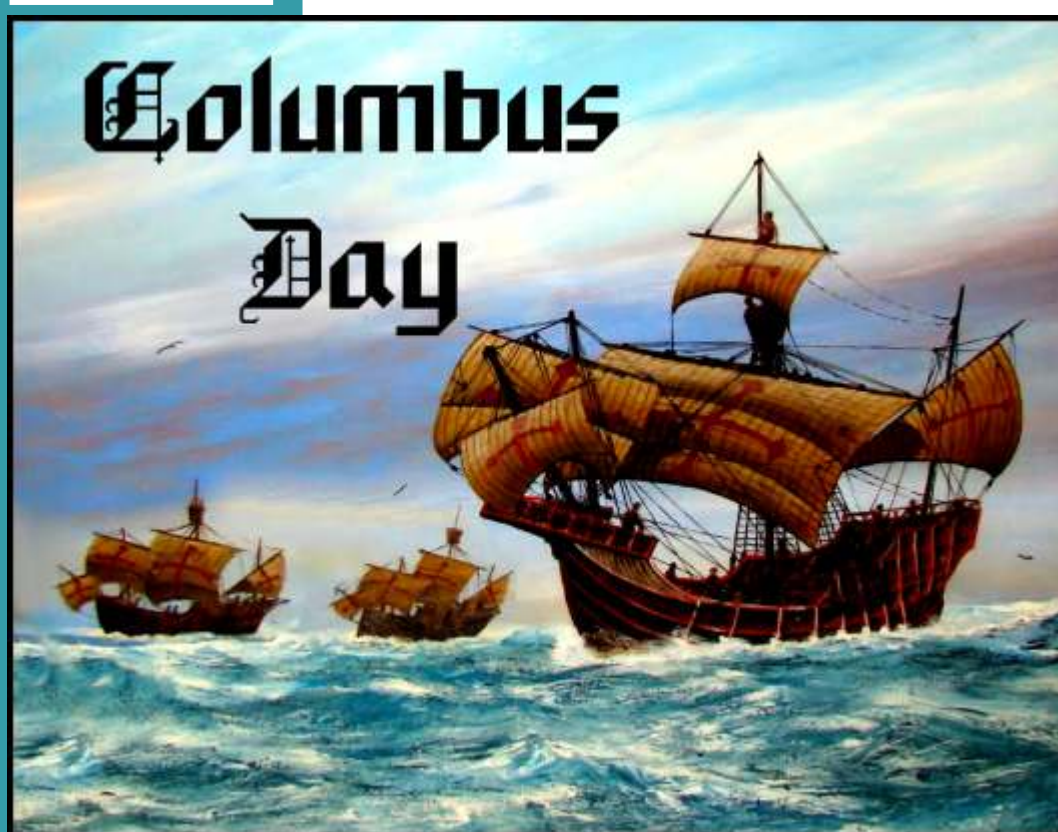
7

No School
October 7 - 12

8

9

12



13

French Toast Sticks
or Cereal

Hamburger
OR
Baked Potato

14

Biscuit Pocket
or Cereal

Chicken Drumstick with
Mac & Cheese
OR
Turkey Club

15

Breakfast Burrito
or Cereal

Ramen Noodles
OR
Caesar Salad w/Breadstick

Peas
Pudding

16

ZeeZee Bar
or Cereal

Mini Corn Dogs
OR
Chicken Wrap

19

Waffles
or Cereal

Meatball Sandwich
OR
Anytimers

20

Scrambled Eggs & Bacon
or Cereal

Nachos
OR
Turkey Club

21

Breakfast Pizza
or Cereal

Apple Crunch Day
Chicken Salad Croissant
OR
PB & J Apple

Apple Crisp

22

Bagel w/Cream Cheese
or Cereal

Teriyaki Chicken over Rice
OR
Chef Salad w/Roll

Normandy Veggie

23

Yogurt & Granola
or Cereal

Calzone w/Marinara Sauce
OR
Chicken Wrap

Cookie

26

Pancakes
or Cereal

Chicken Patty Sandwich
OR
Spicy Chicken Patty

27

Tortilla Wrapped Omelet
or Cereal

Quesadilla
OR
Italian Sub

Steamed Corn

28

Pancake Sausage on a Stick
or Cereal

Hamburger Gravy over
Mashed Potatoes w/Roll
OR
PB & J

Brownie

29

Waffle Sandwich
or Cereal

Orange Chicken over Chow Mein
OR
Chef Salad w/Roll

30

Peanut Butter & Crackers
or Cereal

Mummy Dog
OR
Chicken Wrap

Dirt Pudding Cup

ENTHEOS ACADEMY MENU