

October 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Oct 2 Gunnison: chicken whole grain roll mashed potatoes Crested Butte: Burger, whole grain bun fresh fruit veggie Deli sandwich: turkey and cheese</p>	<p>Oct 3 Taco Shredded Romaine lettuce Tomato fresh fruit Deli sandwich: ham & cheese</p>	<p>Oct 4 Chicken Tenders black bean/corn /red bell pepper salad fresh fruit Veggie sandwich</p>	<p>Oct 5 Beefy nachos carrot sticks fresh fruit fresh fruit Deli sandwich: roast beef and cheese</p>	<p>Oct 6 Grilled cheese sandwich Roasted veggies fresh fruit Deli sandwich: turkey and cheese</p>
<p>Oct 9 <i>GUNNISON SCHOOLS: NO SCHOOL, COLUMBUS DAY</i> <i>CRESTED BUTTE FALL BREAK: NO SCHOOL OCT 9-13</i></p>	<p>Oct 10 <i>GUNNISON SCHOOLS: NO SCHOOL</i> <i>CRESTED BUTTE FALL BREAK: NO SCHOOL OCT 9-13</i></p>	<p>Oct. 11 Burger on whole grain bun colorful quinoa salad with corn/ black bean/bell pepper <i>CRESTED BUTTE FALL BREAK: NO SCHOOL OCT 9-13</i></p>	<p>Oct 12 Pizza broccoli fresh fruit Deli sandwich: roast beef and cheese <i>CRESTED BUTTE FALL BREAK: NO SCHOOL OCT 9-13</i></p>	<p>Oct 13 Chili corn bread apple crisp baby carrots <i>CRESTED BUTTE FALL BREAK: NO SCHOOL OCT 9-13</i></p>
<p>Oct 16 Meatball sub sweet potato fries fresh fruit Deli sandwich: turkey and cheese</p>	<p>Oct 17 Pasta with beans, peas, cherry tomatoes, basil & cheese green salad fresh fruit Deli sandwich: ham & cheese</p>	<p>Oct 18 Beef & broccoli stir fry Brown rice Pineapple Fresh fruit Veggie sandwich</p>	<p>Oct 19 Veggie Lasagna Salad with dark greens fresh fruit Deli sandwich: roast beef and cheese</p>	<p>Oct 20 Baked Potato with diced ham and Cheese whole grain roll veggie fresh fruit Deli sandwich: Turkey and Cheese Sandwich</p>
<p>Oct 23 Baked Chicken Cauliflower & Mashed Potatoes Whole grain roll Fresh fruit Deli sandwich: turkey and cheese</p>	<p>Oct 24 Pasta and meat sauce dark green salad fresh fruit Deli sandwich: ham & cheese</p>	<p>Oct 25 Enchilada veggie fresh fruit Deli Sandwich: Veggie sandwich</p>	<p>Oct 26 Pizza broccoli fresh fruit Deli sandwich: Roast beef and Cheese</p>	<p>Oct 27 Hot turkey and cheese sandwich green beans fresh fruit Deli Sandwich: Turkey and Cheese</p>
<p>Oct 30 Man n cheese with diced ham peas fresh fruit Deli sandwich: turkey and cheese</p>	<p>Oct 31 Pork carnitas whole grain roll carrots Pumpkin muffin squares Deli sandwich: ham & cheese</p>			

