


# October 2021

## ARICKAREE MENU

September '21							November '21							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
			1	2	3	4			1	2	3	4	5	6
5	6	7	8	9	10	11	7	8	9	10	11	12	13	
12	13	14	15	16	17	18	14	15	16	17	18	19	20	
19	20	21	22	23	24	25	21	22	23	24	25	26	27	
26	27	28	29	30			28	29	30					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 NO SCHOOL	2
3	4 Scones, sausage fruit, cereal & milk Chicken Alfredo, green beans, fruit, salad & milk	5 Eggs, bacon, fruit cereal & milk Taco Salad, corn, fruit, salad & milk	6 Biscuits & Gravy, fruit, cereal & milk Chicken Strips, fries, fruit, salad, & milk	7 Breakfast pizza, fruit, cereal & milk Spaghetti, breadsticks, green beans, fruit, salad & milk	8 NO SCHOOL	9
10	11 Waffles, sausage, fruit, cereal & milk Chicken quesidillas, spanish rice, salad, fruit & milk	12 Blueberry bread, fruit, cereal & milk Sub sandwich, chips, fruit, salad, & milk	13 Breakfast casserole, fruit, cereal & milk Mexican rice bowls, fruit salad & milk	14 Yogurt parfaits, breakfast cookie, fruit & milk Meat & cheese pizza, fruit, salad & milk	15 NO SCHOOL	16
17	18 Bagels, sausage, fruit, cereal & milk BBQ Chicken, scalloped potatoes, fruit, salad & milk	19 Eggs, fruit, hasbrowns, cereal & milk Taco burgers, corn, fruit salad & milk	20 French toast stick sausage, cereal, fruit & milk Chicken & Noodles, fruit mashed potatoes, salad & milk	21 Breakfast sands, fruit, cereal & milk Beefaroni, mixed veggie, rolls, fruit, salad & milk	22 NO SCHOOL	23
24	25 Breakfast pizza, fruit, cereal & milk Chicken patty sandwich, tator tots, fruit salad & milk	26 Breakfast cookie, sausage, cereal fruit & milk Beef Tacos, corn, spanish rice, fruit, salad & milk	27 Eggs, sausage, fruit, cereal & milk Lasagna, green beans, breadsticks, fruit, salad & milk	28 Breakfast burrito, fruit, cereal & milk Cheese burgers, fries, fruit, salad & milk	29 NO SCHOOL	30
31 	1	<p>This institution is an equal opportunity provider.</p> <p>Always check the website for current information and/or changes.</p> <p><a href="http://www.arickaree.org">www.arickaree.org</a></p>			