

# Weekly Bulletin

*Fresh chef salad, Turkey and Cheese or Soybutter Sandwich, and a variety of fresh and canned fruits offered daily.*

*Assorted low fat and fat free milk offered daily -- morning juice choice offered daily.*

Menu	Activities
<b>Monday, October 19, 2020</b>	
<p><b>Breakfast:</b> Muffin, yogurt or pop-tart, cereal, fruit</p> <p><b>Lunch:</b> Sweet &amp; sour chicken, rice, savory, celery sticks, cookie, fruit</p>	
<b>Tuesday, October 20, 2020</b>	
<p><b>Breakfast:</b> Biscuit &amp; Gravy or pop-tart, cereal, fruit</p> <p><b>Lunch:</b> Super nachos, refried beans, salsa, fruit</p>	
<b>Wednesday, October 21, 2020</b>	
<p><b>Breakfast:</b> Coffee cake or pop-tart, cereal, fruit</p> <p><b>Lunch:</b> Pulled pork w/bun, sweet potatoe fries, baked beans, fruit</p>	<p>7:30 FCA</p> <p>6:30 - 9:00 Lab Night @ Mr Linn's room</p>
<b>Thursday, October 22, 2020</b>	
<p><b>Breakfast:</b> Breakfast combo bar or breakfast burrito, pop-tart, cereal, fruit</p> <p><b>Lunch:</b> Chicken strips, bread stick, corn, mashed potatoes &amp; gravy, cookie, fruit</p>	
<b>Friday, October 23, 2020</b>	
<p><b>Breakfast:</b> French toast sticks or pop-tart, cereal, fruit</p> <p><b>Lunch:</b> Homemade Pizza Roll, french fries, fruit</p>	<p>7:00 HS FB @ Inman</p>
<b>Saturday, October 24, 2020</b>	
	<p>Cross Country Regionals</p>

"This institution is an equal opportunity provider."