



Randolph Central School Corporation



October

Elementary Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Broccoli & Cheese Veggies & Dip Mixed Fruit Orange Wedges Milk	2 Salisbury Steak & Gravy Hot Roll Mashed Potatoes Cooked Carrots Applesauce Pineapple	3 Chicken Quesadilla Crisp Garden Salad Green Beans Peaches Apple Milk	4 Nachos Refried Beans Spanish Rice Pears Grapes Milk	5 Pizza Cooks Choice
8 Mini Corn Dogs Fries Green Beans Pears Peaches Milk	9 Pretzel Baked Beans Green Peppers & Dip Applesauce Mixed Fruit Milk	10 Breaded Chicken Calif. Blend Tom & Cottage Cheese Pineapple Orange Wedges Milk	11 Spaghetti & Meatballs Garlic Toast Crisp Garden Salad Carrot Sticks & Dip Apple Slices & Dip Banana	12 Pizza Cooks Choice
15 Chicken Strips Broccoli & Cheese Veggies & Dip Peaches Orange Wedges Milk	16 Ravioli & Breadstick Carrots & Peas Green Beans Pineapple Baked Apples Milk	17 Cheeseburger Fries Carrots & Dip Applesauce Mandarin Oranges Milk	18 Stuffed Crust Pizza Crisp Garden Salad Cucumber & Dip Grapes Banana Milk	19 FALL BREAK NO SCHOOL 
22 FALL BREAK NO SCHOOL 	23 	24 Breaded Chicken Tom & Cottage Cheese Broccoli & Cheese Pineapple Peaches	25 Co. Fr. Steak/Gravy Hot Roll Mashed Potatoes Glazed Carrots Apple Slices & Dip Grapes	26 Pizza Cooks Choice
29 Grilled Cheese Tomato Soup/Goldfish Crackers Carrots & Dip Pineapple Applesauce	30 Chicken & Noodles Mashed Potatoes Green Beans Peaches Orange Wedges Milk	31 Cheeseburger Veggie & Dip Califor. Blend Veg Boo Berries Mixed Fruit Milk	2  Nutrition Byte Dark chocolate contains antioxidants that can inhibit bacteria from sticking to the teeth, preventing infections in gums and battling tooth decay. Sugar-free gum made with xylitol promotes the growth of tooth-protective, non-acidic bacteria which can make it nearly impossible for bacteria and plaque to form.	3

A chef salad or jammer sandwich will also be offered every day.

BREAKFAST

MONDAY

Pop Tarts
Juice
Milk

TUESDAY

Scrambled eggs & Bacon
Juice
Milk

WEDNESDAY

Sausage, Gravy & Biscuit
Juice
Milk

THURSDAY

Breakfast Sandwich
Juice
Milk

FRIDAY

Cinnamon Roll
Yogurt
Juice
Milk

A variety of cold cereal will also be offered every day as a main item for breakfast.

