

Menus

School: Cowgill R-VI School

Academic Year: 2018-19

Meal: Lunch

Month: October 2018

October				
M	Tu	W	Th	F
1 Country Fried Steak, Mashed Potatoes, Gravy, Corn & Applesauce	2 Fish Sandwich, Peas & Tropical Fruit	3 Beef Taco Salad, Black Beans & Cinnamon Apples	4 McRibb, Green Beans & Pears	5 Chicken Strips, Carrots & Mandarin Oranges
8 Burrito, Corn, String Cheese, & Cinnamon Apples	9 Cheeseburger, Sweet Potatoes & Fruit Cocktail	10 Sweet & Sour Chicken, Broccoli, Rice & Pineapple	11 Tuna Casserole, Peas & Applesauce	12
15 Corndog, Pork N Beans & Pears	16 Popcorn Chicken, Salad & Mandarin Oranges	17 Field Trip 4yr-PK-3rd Grade Deli Sandwich, Chips & Banana	18 Meatloaf, Mashed Potatoes, Carrots, Bread & Peaches	19 Creamy Chicken Over Biscuit, Strawberries & Dessert
22 Beef Stroganoff, Green Beans & Peaches	23 Baked Chicken, Corn, Bread & Applesauce	24 Grilled Cheese, Vegetable Soup, Crackers & Fruit Cocktail	25	26
29 Pizza, Corn & Applesauce	30 Shrimp, Peas & Tropical Fruit	31 Halloween Dinner Bloody Brains, Witch Fingers, Bones, Pumpkin Wedges & Trick-or-Treat Cake	1 Hot Dog, Pork N Beans & Fruit Cocktail	2 Chef Salad, Crackers & Pears "The USDA is an equal opportunity provider and employer."