



# Fred Douglass Lunch Menu

October 2019

	<p><b>01</b></p> <p><b>Country Chicken Potato Bowl</b> Corn Applesauce Choice of Milk</p>	<p><b>02</b></p> <p><b>Sun butter &amp; Jelly Sandwich</b> Baby Carrots Apple Choice of Milk</p>	<p><b>03</b></p> <p><b>Cheese Pizza</b> Tater Bites Apple Juice Choice of Milk</p>	<p><b>04</b></p> <p><b>Beef Soft Taco</b> Kickin Beans Apple wedges Choice of Milk</p>
<p><b>07</b></p> <p><b>Pancakes &amp; Sausage</b> Tater Bites Orange Choice of Milk</p>	<p><b>08</b></p> <p><b>Fish Sticks</b> Green Beans Banana Choice of Milk</p>	<p><b>09</b></p> <p><b>Chicken Nuggets</b> Baked Beans Apple Juice Choice of Milk</p>	<p><b>10</b></p> <p><b>Beef Fingers</b> Broccoli Watermelon Choice of Milk</p>	<p><b>11</b></p> <p><b>Pepperoni Pizza</b> Tomato wedges Banana Choice of Milk</p>
<p><b>14</b></p> <p><b>"Staff Comp Professional Development Day"</b></p>	<p><b>15</b></p> <p><b>"Parent – Teacher Conference – Planning Day"</b></p>	<p><b>16</b></p> <p><b>Chicken Nuggets</b> Sweet Potato Fries Diced Peaches Choice of Milk</p>	<p><b>17</b></p> <p><b>Spaghetti w/ Meat Sauce</b> Broccoli Applesauce Choice of Milk</p>	<p><b>18</b></p> <p><b>Cheese Pizza</b> Baby Carrots Orange Juice Choice of Milk</p>
<p><b>21</b></p> <p><b>Chicken Filet Sandwich</b> Sweet Potato Fries Diced Peaches Choice of Milk</p>	<p><b>22</b></p> <p><b>Chicken Mashed Potato Bowl</b> Cucumber slices Banana Choice of Milk</p>	<p><b>23</b></p> <p><b>Mini Chicken Corn Dogs</b> Corn Apple Juice Choice of Milk</p>	<p><b>24</b></p> <p><b>Beef Soft Taco</b> Baby Carrots Cantaloupe Choice of Milk</p>	<p><b>25</b></p> <p><b>Pepperoni Pizza</b> Broccoli Pineapple Tidbits Choice of Milk</p>
<p><b>28</b></p> <p><b>Cheese Sticks w/ Marinara</b> Grape Tomatoes Orange Juice Choice of Milk</p>	<p><b>29</b></p> <p><b>Chicken Nuggets</b> Green Beans Diced Pears Choice of Milk</p>	<p><b>30</b></p> <p><b>Nacho Tater Bites</b> Refried Beans Apple Wedges Choice of Milk</p>	<p><b>31</b></p> <p><b>Hamburger</b> Sweet Potato Fries Watermelon Choice of Milk</p>	

**More info...**

**October 8<sup>th</sup> - Open House 5 – 6:30pm**  
**October 25<sup>th</sup> – Try Day Friday**

**More info...**

