

EAST RANKIN ACADEMY K4-6

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Red Beans and Rice with Smoked Sausage Green Beans Garlic Toast	2 Fish Sticks Mac N Cheese Green Peas
5 Fried Chicken Sandwich French Fries Grapes	6 Beef Tacos Fiesta Rice Butter Corn	7 Chicken and Dumplins Side Salad with Ranch Cornbread Muffin	8 Cheese Pizza Baby Carrots with Ranch Apple Wedges	9 Steak Fingers Rice and White Gravy Succotash Veggies
12 Columbus Day	13 Happy Plate (Spanish Rice topped with Grilled Chicken and Queso) Chips and Salsa Chocolate Chip Cookie	14 Spaghetti and Meatballs Italian Green Beans Garlic Toast	15 Cheeseburgers Sweet Potato Fries Mixed Fruit Salad	16 Half Day-Homecoming
19 Hamburger Steak Mashed Potatoes and Gravy Green Beans Yeast Roll	20 Chicken Quesadillas Black Beans Fiesta Rice	21 Popcorn Chicken Rice and Gravy Honey Carrots Yeast Roll	22 Cheese Pizza Cucumber Slices with Ranch Rosey Applesauce	23 Fish Sticks French Fries Lima Beans
26 Breakfast for Lunch French Toast Sticks with Syrup Scrambled Eggs Sausage Link Orange Slices	27 Beef Tacos Refried Beans Cucumber Tomato Salad	28 Chicken Nuggets Mac N Cheese Lima Beans	29 Hotdogs in Blankets Steak Fries Grapes and Strawberries	30 Meatloaf Mashed Potatoes with Gravy Green Peas Yeast Roll