

October 2018

Rock Creek JA

2 Timothy 1:7

“...for God

gave us a spirit

not of fear but

of power and

love and self-

control.”

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog Maple Carrots Pears	2 Chicken & Biscuit Mashed Potatoes Green Beans	3 Burrito Corn Fruit Cocktail	4 Mac & Cheese Tossed Salad Apple Slices	5 CFA Nuggets Fruit Veggie
8 Scrambled Eggs Sausage/Biscuit Yogurt Juice Box	9 Chicken Patty Sandwich Broccoli Mandarin Oranges	10 Quesadilla Corn Peaches	11 Toasted Ravioli Tossed Salad Fruit Cocktail Roll	12 Pizza Fruit Veggie
15 Corn Dog Peas & Carrots Pineapples	16 Chicken Fingers Tator Tots Green Beans	17 Grilled Cheese Smiley Fries Fruit Cocktail	18 Hamburger Sweet Potato Fries Peaches	19 CFA Nuggets Fruit Veggie
22 Penne w/meat sauce Roll Green Beans Applesauce	23 Ham/Cheese Sand- wich/Chips Juice Box String Cheese	24 Pizza Fruit Veggie	25 No School- Teacher In- Service	26 No School- Teacher In- Service
29 Ham/Cheese Sand- wich/Chips Juice Box String Cheese	30 CFA Nuggets Fruit Veggie	31 Mini Corn Dogs Apple Slices Chips		

8 ounce 1% milk, skim chocolate milk, or 8 ounce water available daily. Menu subject to change.