



October 2020

Rock Creek JA

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School-Teacher In-Service	2 No School-Teacher In-Service
5 CFA Chips Fruit Cup	6 Ham/Cheese Sandwich Veggie Fruit	7 Hamburger Fries Fruit	8 Quesadilla Corn Chips/Salsa Fruit	9 Pizza Fruit Veggie
12 Frito Pie Broccoli Orange/ Pineapple Blend	13 Chicken Tenders Chips Fruit	14 Meatballs w/Sauce Garlic Toast Applesauce	15 Southern Style Chicken Sandwich Potato Wedges Fresh Fruit	16 Pizza Fruit Veggie
19 Mini Corn Dogs Cheddar Tots Fruit	20 Ham/Cheese Sandwich Chips, Juice Box	21 Grilled Cheese Soup Chips Applesauce	22 23 Chicken Nuggets Buttered Noodles Broccoli/Cauliflower Blend Fruit	23 Pizza Fruit Veggie
26 Burrito Corn Fruit Cocktail	27 Sausage Biscuit Hash brown Banana	28 Chicken N Dump- lings Green Beans Fruit	29 Toasted Ravioli Tossed Salad Pears Roll	30 Pizza Fruit Veggie
8 ounce 1% milk, skim chocolate milk, or 8 ounce water available daily. Menu subject to change.				

2 Timothy 1:7

“...for God

gave us a spirit

not of fear but

of power and

love and self-

control.”