

# JUNIOR ACADEMY

*But you, LORD,  
do not be far from me.  
You are my strength;  
come quickly to help me.*  
**PSALM 22:19**

For I know the thoughts  
that I think toward you,  
says the Lord  
thoughts of peace  
and not of evil,  
to give you a future  
and a hope.

Jeremiah 29:11

ChristianQuotes.info

MENU MEAL SERVED WITH 1% MILK

MEAL SUBJECT TO CHANGE

# hello OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>29</b> Hot Dog Carrots Applesauce	<b>30</b> Chicken Nuggets Fried Rice Fresh Pineapple Broccoli	<b>1</b> Grilled Cheese Tater Tots Fresh Cantaloupe	<b>2</b> Spaghetti with Meat Sauce Pears Tossed Salad Garlic Bread	<b>3 SENIOR CARNIVAL</b> Pizza Apples Carrots

## FALL BREAK

<b>13 NO SCHOOL</b>	<b>14</b> Southern Style Chicken Mashed Potatoes Green Beans Pears	<b>15</b> Quesadilla Corn Fresh Seasonal Fruit	<b>16</b> Cheeseburger Fresh Seasonal Fruit Chips	<b>17</b> Pizza Cucumbers & Tomatoes Fruit
<b>20</b> Chicken Patty Sandwich Green Beans Apple Slices	<b>21</b> Burritos Orange/ Pineapple blend Corn	<b>22</b> Scrambled Eggs Sausage Biscuit Banana	<b>23</b> Chicken Alfredo Salad Fresh Seasonal Fruit	<b>24</b> Pizza Carrots Apple Slices
<b>27</b> Hot Dog Carrots Applesauce	<b>28</b> Chicken Nuggets Fried Rice Fresh Pineapple Broccoli	<b>29</b> Grilled Cheese Tater Tots Fresh Cantaloupe	<b>30</b> Spaghetti with Meat Sauce Pears Tossed Salad Garlic Bread	<b>31</b> Pizza Fresh Broccoli Orange Slices