



KESTREL HEIGHTS

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OCTOBER 2019

AMERICAN MONDAY	TUESDAY	WACKY WEDNESDAY	INTERNATIONAL THURSDAY	PIZZA FRIDAY
	<p>1</p> <p><u>Make your own Taco:</u> Chicken or Veggie Beef</p>	<p>2</p> <p><u>Breakfast for Lunch</u> Scrambled Eggs, Bacon, Hash brown, Pancake Scrambled Egg, Hash brown, Pancake</p>	<p>3</p> <p>Homemade Mac n Cheese Green Beans, Spiced Apples</p>	<p>4</p> <p><u>I HEART PIZZA</u> (2) Cheese Pizza w/ Fruit</p>
<p>7</p> <p>BBQ Chicken Thighs Mac n Cheese, Green Beans Mac n Cheese Green Beans, Fruit</p>	<p>8</p> <p>Chicken Quesadilla SW Rice, Spiced Pineapple, Salsa OR Cheese Quesadilla</p>	<p>9</p> <p><u>Deli Day</u> Turkey-Provolone Sandwich Sun Chips, Fresh Fruit OR Veggie Wrap</p>	<p>10</p> <p>Jerk Chicken Rice, Grilled Veggies Veggie Chicken</p>	<p>11</p> <p><u>I HEART PIZZA</u> (2) Cheese Pizza w/ Fruit</p>
<p>14</p> <p>Sloppy Joe Roasted Potatoes, Green Beans, Bun Veggie Sloppy Joe</p>	<p>15</p> <p><u>Make your own Taco:</u> Beef or Veggie Beef</p>	<p>16</p> <p>Chicken & Waffles Glazed Carrots, Spiced Apples OR Veggie Chicken & Waffles</p>	<p>17</p> <p>Hibachi Chicken Fried Rice, Stir Fry Veg OR Veggie Pad Thai</p>	<p>18</p> <p><u>I HEART PIZZA</u> (2) Cheese Pizza w/ Fruit</p>
<p>21</p> <p>Baked Beef Spaghetti Green Beans, Spiced Apples OR Baked Cheese Spaghetti</p>	<p>22</p> <p>Chicken Quesadilla SW Rice, Spiced Pineapple, Salsa OR Cheese Quesadilla</p>	<p>23</p> <p>Mac n Cheese w/ Green Beans & Fruit Cup</p>	<p>24</p> <p>Beef Lasagna Broccoli, Spiced Apples OR Cheese Lasagna</p>	<p>25</p> <p><u>I HEART PIZZA</u> (2) Cheese Pizza w/ Fruit</p>
<p>28</p> <p>FALL BREAK</p>	<p>29</p> <p>FALL BREAK</p>	<p>30</p> <p>FALL BREAK</p>	<p>31</p> <p>FALL BREAK</p>	