

October 2017

Charlo School District 7J



School Information: 10/5 – Early out 1:00
 10/06 – Parent Teacher Conferences – No school
 10/9 – Happy Columbus Day
 10/18 – Early out 1:00
 10/19 – 10/20 – No school
 10/31 – Happy Halloween



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Pork Stir Fry
 Salad
 Veggie
 Fruit
 Milk **2**

Tuesday

Lasagna
 Salad
 Veggie
 Fruit
 Milk **3**

Wednesday

Ham & Bean Soup
 Salad
 Veggie
 Fruit
 Milk **4**

Thursday

Nachos
 Salad
 Veggie
 Fruit
 Milk **5**

Friday

NO SCHOOL **6**

Beef Stroganoff
 Salad
 Veggie
 Fruit
 Milk **9**

Happy Columbus Day

Chicken Strips
 Salad
 Veggie
 Fruit
 Milk **10**

Chili & Cinnamon Rolls
 Salad
 Veggie
 Fruit
 Milk **11**

Ham & Cheese Noodle
 Bake
 Salad
 Veggie
 Fruit
 Milk **12**

Pizza
 Salad
 Veggie
 Fruit
 Milk **13**

Country Chicken over
 Biscuits
 Salad
 Veggie
 Fruit
 Milk **16**

Chili Dogs
 Salad
 Veggie
 Fruit
 Milk **17**

Fish Sticks
 Salad
 Veggie
 Fruit
 Milk **18**

NO SCHOOL **19**

NO SCHOOL **20**

Tacos
 Salad
 Veggie
 Fruit
 Milk **23**

Chicken Noodle Bake
 Salad
 Veggie
 Fruit
 Milk **24**

Grilled Cheese and Tomato
 Soup
 Salad
 Veggie
 Fruit
 Milk **25**

Pork & Beans
 Salad
 Veggie
 Fruit
 Milk **26**

Hamburgers
 Salad
 Veggie
 Fruit
 Milk **27**

Chicken Alfredo
 Salad
 Veggie
 Fruit
 Milk **30**

Worms & Brains
 Spooky Salad
 Witches Warts Corn
 Goblin Fruit
 Monster Fingers
 Mummy Milk
 Happy Halloween **31**

