

2024

OCTOBER

KAHLOTUS SCHOOL DISTRICT

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

October 2 is Taste Washington Day! We will be celebrating with an Apple Crunch Tasting. Apples are our focused produce item of the month. Watch for lots of yummy apple filled treats!

1 Breakfast Cookie and Yogurt
Fruit, Milk and Fruit Juice
Beef and Bean Burritos
Spanish Rice
Steamed Broccoli
Apple Dippers

2 TASTE WASHINGTON DAY!!!
Applesauce Pancake
Scrambled Eggs with Bacon
Apple-Chicken Salad
Dinner Roll, Peas and Fall Fruit
Medley with Mint

3 French Toast Stix
Sausage, Fruit, Juice and Milk
Pizza Burger with Cheese
Confetti Corn Salad
Fruit
Apple Crisp

4 Bagel and Yogurt or Sting Cheese
Fruit, Milk and Fruit Juice
Chicken Sandwich
French Fries
Baked Beans
Treasure Island Fruit Salad

7 Waffle with Mixed Berry Topping or Syrup, Sausage Links, Fruit, Milk
Hamburger Stroganoff
Green Beans
Autumn Apple Slaw

8 French Toast Pumpkin Parfait
Fruit, Milk and Fruit Juice
Cheesy Chicken over Rice
Carrots
Cucumber and Apple Salad

9 Peanut Butter Granola Bar
Fruit, String Cheese, Milk and Juice
Taco Salad with Tortilla Chips
Chipotle Slaw
Pumpkin Chocolate Chip Cookie
Fruit

10 Pancake Wrapped Sausage
Fruit, Milk and Fruit Juice
Beef and Bean Burritos
Corm Fiesta Salad
Hominy
Fruit

11 NO SCHOOL
Teacher Inservice

14 Banana Oat Muffin
Yogurt or String Cheese
Fruit, Milk and Juice
Turkey and Cheese Sandwich
Baked Beans
Apple Dippers

15 Apple French Toast Bake
Sausage, Milk, Fruit and Juice
Tater Tot Casserole
Breadstick
Corn
Fruit Medley

16 Breakfast Sausage Burrito with Salsa
Fruit, Juice and Milk
Chicken Strips
Mediterranean Cucumber Salad
Garlic Toast
Fruit

17 Cheese Potato, Egg and Bacon Bake
Fruit, Milk and Juice
Teriyaki Chicken and Fried Rice
Oriental Vegetables with Lima Beans
Gingered Slaw
Apple Crisp

18 Ham and Cheese Muffin
Fruit, Milk and Fruit Juice
Cheese Pizza
Peas
Broccoli Salad

21 Breakfast Cookie and Yogurt or String Cheese, Fruit, Milk and Juice
Creamy Cheeseburger Pasta
Dinner Roll, Broccoli
Asian Cabbage Salad

22 Pancake Wrapped Sausage
Fruit, Juice and Milk
Spicy Tuna Sliders
Rainbow Salsa with Tortilla Chips
Applesauce Cake

23 Banana Bread, Yogurt or String Cheese, Fruit, Milk and Juice
Chipotle Chicken Dip with Chips
Spinach Salad
Autumn Apple Slaw

24 Oatmeal Muffin Squares
Sausage, Fruit, Milk and Juice
Philly Chicken Cheesesteak Sandwich
Potato Salad
Peas and Carrots
Fruit

25 Southwest Breakfast Pizza, Fruit, Milk and Juice
Sloppy Joe on a Roll
French Fries
Fruit Medley with Honey and Lemon
Pumpkin Pie Parfait

28 Waffle with Spicy Apple Compote
Sausage, Fruit, Milk and Juice
Chili Mac
Garlic Breadstick
Green Beans
Treasure island Fruit Salad

29 Bagel or Breakfast Cookie, Yogurt or String Cheese, Milk, Fruit and Juice
Chicken Strips
Tater Tots
Coleslaw
Applesauce

30 Sausage Breakfast Burrito, Fruit, Milk and Juice
Pepperoni Pizza
Cucumber Apple Salad
Broccoli Salad

31 Breakfast Boo Muffins, Spooktacular
Sausage, Fruit, Milk and Juice
Mummy Dogs
Frankenstien Fingers
Trick o' Treat Broccoli Salad
Halloween Cupcakes

Salad Bar is available with Lunch. Fruit is available at Breakfast and Lunch. Fruit Juice is available at Breakfast.