

October 2024

HENDERSON COLLEGIATE

3 Schools, 1 Mission: COLLEGE

Climbing the Mountain to and through College

Drinks: 1% white milk, skim chocolate milk, juice offered with breakfast, serving sizes dependent on grade level

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 B: Cheese Omelet Bagel, Fruit (ES) Donuts L: PB&J/Deli Sandwich, Celery Carrots, Fruit	2 B: Sausage Biscuit (ES), Cereal Bowl L: PB&J/Deli Sandwich, Cucumbers, Tomatoes, Fruit	3 B: Bagel/Cream Cheese (ES), Cinn. Rolls, Fruit L: PB&J/Deli Sandwich, Carrots, Tossed Salad, Fruit	4 B: Donuts, Fruit L: PB&J/Deli Sandwich, Carrots, Celery, Fruit	5 Weekend
6 Weekend	7 Fall Break	8 Fall Break	9 Fall Break	10 Fall Break	11 Fall Break	12 Weekend
13 Weekend	14 Fall Break	15 Fall Break	16 Fall Break	17 Fall Break	18 Fall Break	19 Weekend
20 Weekend	21 B: Pop Tarts, Fruit L: Hot Dogs/Bun, Cole Slaw, Carrots, Fruit	22 B: Cinnamon Roll, Fruit L: Hamburger/Bun, Tossed Salad, Tomatoes, Fruit	23 B: Yogurt/Granola (ES), Cereal Bowl L: Chicken Pattie, Bun, Mac. Salad, Green Beans, Fruit	24 B: Banana Muffin, Fruit L: Pizza, Tossed Salad, Cucumbers, Fruit	25 B: Nutra Grain Bars, Fruit L: PB&J/Deli Sandwiches, Celery, Carrots, Fruit	26 Weekend
27 Weekend	28 B: Donuts, Fruit L: Country Fried Steak/ Bun, Tossed Salad, Potatoes, Fruit	29 B: Blueberry Muffins, Fruit L: Boneless Ribs, Potato Salad, Celery, Fruit	30 B: Pop Tarts, Fruit L: Corn Dogs, Carrots, Cole Slaw, Fruit	31 B: Cinnamon Rolls, Fruit L: Pizza (ES), Hamburger, Tomatoes, Tossed Salad, Fruit		

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