

# October

2021

## Shelton Public Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	We are an equal opportunity provider.	All meals are served with low fat/skim milk.	Entrée options are available for all ages.	All meals are free to every student this school year.	Hamburger w/wg bun French fries Mixed fruits	
3	Soft shell taco Refried bean Spanish rice Fruit	Chicken nuggets Mashed potatoes Corn Fruit	Beef pizza Romaine salad Fruit Pudding cup	Corndog Baked beans Strawberries	Chili or cheesy potato soup Veggie cup Fruit Cheese stick WG roll	
10	Fish sticks Macaroni & cheese Coleslaw Fruit	Super nachos w/meat Refried beans Brownie Fruit	Lasagna WG dinner roll Tossed salad Fresh fruit	Ravioli w/beef WG dinner roll fruit Green beans	Taquitos Spanish rice Refried beans Fruit	
17	Pulled pork sandwich Baked beans WG chips Applesauce	Chicken & noodles Mashed potatoes Green beans Fruit	Hot ham & cheese WG chips Veggie cups Fruit	Salisbury steak Mashed potatoes Fruit Corn WG dinner roll	NO SCHOOL FALL BREAK	
24	NO SCHOOL FALL BREAK	Chicken fried steak Mashed potatoes	Texas spaghetti French bread sticks Tossed salad Fruit	Tater tot casserole WG dinner roll	Chicken sandwich Broccoli rice w/cheese Fruit cup	
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