












Cashmere High School - Cashmere Middle School

OCTOBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Daily choices available. Menus are subject to change without notice</p> <p>Lunches will always include fresh and/or canned fruit, salad and fresh vegetables w/choice of milk.</p>			<p>Ham & cheese melt or Chicken burger</p> 	<p>Fish sticks w/potato rounds or Corndog Uncrustable PEANUT BUTTER & jelly sandwich, chocolate chip cookie</p> 
5	6	7	8	9
<p>Chicken nuggets w/cheese roll or BBQ pork sandwich w/sun chips</p>	<p>Cheese sticks or Chicken burger</p> 	<p>Homemade pepperoni & cheese pizza or Cheese quesadilla</p> <p>Texas cookie</p>	<p>Hamburger w/potato rounds or Turkey deli sandwich</p>	<p style="font-size: 2em; color: orange;">No School</p> <p>State In-Service Day</p>
12	13	14	15	16
<p>Pepperoni & cheese pizza or Grilled cheese sandwich w/tomato soup</p>  <p>Chocolate cake</p>	<p>Ravioli w/french bread or Chicken burger</p> <p>Snickerdoodle cookie</p>	<p>Soft chicken taco or Burrito</p>  <p>Baked potato bar</p> 	<p>BBQ pork sandwich w/potato rounds or Chicken nuggets w/aloha roll</p>	<p>Nacho Bar Chips w/meat & cheese or Corndog or PEANUT BUTTER & jelly uncrustable sandwich</p> 
19	20	21	22	23
<p>Ham deli sandwich or Teriyaki beef dippers w/rice, fortune cookie</p>	<p>Western taco or Cheese sticks</p> <p>PEANUT BUTTER chocolate chip cookie</p> 	<p style="text-align: center;">LATE START</p> <p>Choice of cereal, muffin served 9:00 - 10:15 Mini corndogs or Taco hot pocket or turkey & cheese wrap</p>	<p>Chili w/rolls or Cheese pizza bagel</p> <p>Apple crisp</p>	<p>Brunch for Lunch Waffle sticks, sausage links, egg & cheese omelet or Burrito</p>
26	27	28	29	30
<p>Hamburger w/fries or Cheese quesadilla</p> 	<p>Macaroni & cheese w/ham, WHEAT ROLL or Corndog</p>  <p>(this wheat roll contains nuts)</p>	<p>Turkey deli sandwich or Grilled cheese sandwich w/tomato soup</p> <p>Molasses cookie</p>	<p>Pepperoni boat or Chicken nuggets w/cheese bread</p>	<p>Spooky chicken burger or Scarecrow pizza</p> <p>Ghostbuster dessert</p> 

In the operation of the child feeding programs, no child will be discriminated against because of race, gender, color, national origin, age or handicap.

IMPORTANT NOTICE: Cashmere School District is NOT peanut or tree nut free. Your child may come into contact with peanuts and tree nuts in the course of their day while attending any Cashmere School District property. MENU ITEMS ARE DENOTED WITH CAPITAL LETTERS W/SQUIRREL

**SQUIRRELS MEANS NUTS
ARE PART OF MEAL**

