

October

September						
S	M	Т	W	Т	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

November							
S	M	Т	W	Т	F	S	
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10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	Pork Stew with veggies, Rice, Fruit, Milk	2 Udon, Edamame, Cookie, Fruit, Milk	3 Chicken Pasta, Cupcake, Fruit, Milk	4 Quesadilla with Chicken and Cheese, Grapes, Yogurt, Milk	5
6	7 Sushi, Seaweed Soup (Miso Soup), Fruit, Milk	Roast Chicken with Mashed Potatoes, Fruit, Yogurt Drink, Milk	9 Pizza, Salad with Tomato and Cucumber, Chips, Fruit, Milk	Chicken Nuggets, Mixed Veggie, Fruit, Milk	No School	12
13	Chicken Chow Mein, Ice Cream, Fruit, Milk	15 Beef Hui Fan, Rice, Corn, Fruit, Milk	16 Cheese and Ham Sandwich, String Cheese, Salad, Fruit, Milk	17 Roast Chicken with Mashed Potatoes, Fruit, Yogurt Drink, Milk	Beef Ravioli, Peas and Carrots, Chips, Milk	19
20	Lu Rou Fan (Pork Rice Bowl), Edamame, Cookie, Fruit, Milk	Fried Rice with Chicken, Yogurt, Fruit, Milk	Quesadilla with Chicken and Cheese, Grapes, Chips, Milk	Macaroni and Cheese, Cupcake, Fruit, Milk	Dumplings, Peas and Carrots, Fruit, Yogurt Drink	26
27	Pizza, Salad with Tomato and Cucumber, Chips, Fruit, Milk	29 Meatballs, Spaghetti, Dinner Rolls, Salad, Fruit, Milk	30 Udon, Edamame, Cookie, Fruit, Milk	31 Chicken Nuggets, Mixed Veggie, Fruit, Milk	1	2
3	4	5	6	7	8	9