

# OCTOBER 2017

## Odyssey Charter School Grades K-10

Monday	Tuesday	Wednesday	Thursday	Friday
Apple Frudel <b>2</b> or Assorted Breakfast Bars	Waffle Mini's <b>3</b> or Assorted Breakfast Bars	Warm Assorted Muffins <b>4</b> or Assorted Breakfast Bars	Assorted Pop Tart <b>5</b> or Assorted Breakfast Bars	Odyssey Closed <b>6</b>
Assorted Mini Pancakes <b>9</b> Or Assorted Breakfast Bars	Warm Assorted Muffins <b>10</b> or Assorted Breakfast Bars	Warm English Muffins <b>11</b> or Assorted Breakfast Bars	Warm Cinnamon Roll <b>12</b> or Assorted Breakfast Bars	Assorted Cereal/ graham Crackers <b>13</b> or Assorted Breakfast Bars
Assorted Muffins <b>16</b> or Assorted Breakfast Bars	Breakfast Biscuit <b>17</b> or Assorted Breakfast Bars	Pancake/Turkey Sausage Wrap <b>18</b> or Assorted Breakfast Bars	Yogurt with Graham Cracker <b>19</b> or Assorted Breakfast Bars	Assorted Cereal/ Graham Crackers <b>20</b> Or Assorted Breakfast Bars
Eggo Waffles <b>23</b> or Assorted Breakfast Bars	Warm Cinnamon Bun <b>24</b> or Assorted Breakfast Bars	Turkey Bacon/Egg on English Muffin <b>25</b> or Assorted Breakfast Bars	Banana Bread <b>26</b> or Assorted Breakfast Bars	Assorted Cereal/ Graham Crackers <b>27</b> or Assorted Breakfast Bars
Odyssey closed <b>30</b>	Oatmeal & Cream of Wheat <b>31</b> or Assorted Breakfast Bar			

*All Kindergarten Breakfasts include Fruit. Cereal includes graham crackers. Juice and milk available. Lactose Free available upon request.*

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Each day has a Hot and Cold Option

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken, Rice and broccoli casserole Or Fresh Subs	<b>3</b> Hot Dog and Baked Beans or Fresh assorted sub	<b>4</b> Meatloaf w/mashed potatoes and gravy w/dinner roll or Chicken Caesar Salad	<b>5</b> BBQ Chicken Wings, Glazed Carrots Or Fresh Subs	<b>6</b> Odyssey Closed
<b>9</b> Chicken tenders w/ Baked Beans Or Fresh Subs	<b>10</b> Chicken and Pasta w/spinach, feta, diced tomatoes in alfredo cream sauce or	<b>11</b> Meatball Sub w/chips and assorted raw vegetables or Assorted Salads	<b>12</b> Buffalo Chicken Mac and Cheese (Plain Chicken available) Or Fresh Sub	<b>13</b> Cheese Pizza w/ raw vegetables Or Munchable pack: Cheese stick, Goldfish
<b>16</b> Calzone w/ marinara sauce & Sautéed Corn or Fresh Sub	<b>17</b> Ground Beef Nachos w/ Lettuce Tomatoes and cheese or Garden Salad topped w/ Asst Toppings	<b>18</b> French Toast Sticks w/ Bacon and Fried Potatoes Or Chicken Caesar Salad with crackers	<b>19</b> Chicken Cheese Steaks and Fries Or Turkey and Cheese Sandwich	<b>20</b> Cheese Pizza w/ raw vegetables Or Munchable pack: Cheese stick, Goldfish
<b>23</b> Chicken tenders w/ Steamed Broccoli Or Chicken salad	<b>24</b> Chicken Parm Sandwich w/ Fries or Chef Salad	<b>25</b> Chicken Quesadillas w/ Beans and Rice Or Garden Salad	<b>26</b> Grilled cheese with tomato soup Or Garden Salad topped with crispy Chicken	<b>27</b> Cheese Pizza w/ raw vegetables Or Munchable pack: Cheese stick, Goldfish
<b>30</b> Odyssey Closed	<b>31</b> Halloween Chicken Nuggets with Sweet Potato Fries and Spooky Boo water ice Or Salad			

*Fruit is served with both meals. Juice Plain Milk and Chocolate Milk are also available with each meal.*