

October 2022

Sentinel School

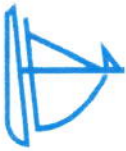
MONDAY



Fall Break

3

Columbus Day!



Cinnamon Bun,
Apple Slices, Orange
Juice, Milk

17

Chicken Tamale,
Spanish Rice,
Garden Salad, Pears,
Milk

Super Donut,
Yogurt, Pear, Fruit
Punch Juice, Milk

24

Macaroni & Cheese,
Dinner Roll,
Garden Salad,
Grapes, Milk

Breakfast Kit,
Apple Juice,
Grapes, Milk

Beef Nachos,
Pinto Beans,
Salsa,
Watermelon, Milk

31

TUESDAY



Fall Break

4

Breakfast Burrito,
Peaches, Orange
Juice, Milk

11

Spaghetti n Meat
Sauce, Garden
Salad, Garlic Toast,
Grapes, Milk

Pancake Wrap,
Strawberries, Apple
Juice, Milk

18

Chicken Tenders,
Tater Tots,
Cucumber Slices,
Oranges, Milk

Egg Patty/Sausage,
Biscuit, Nectarine,
Apple Juice, Milk

25

Chicken Wings,
Celery & Carrot
Sticks, White Rice,
Orange Slices, Milk

WEDNESDAY



Fall Break

5

Granola, Yogurt,
Strawberries, Fruit
Punch Juice, Milk

12

Chicken Patty
Sandwich, Tater
Tots, Carrot Sticks,
Watermelon, Milk

Scrambled Egg,
Toast, Sliced
Oranges, Fruit Punch
Juice, Milk

19

Mandarin Orange
Chicken, White Rice,
Egg Roll, Broccoli,
Grapes, Milk

Biscuits & Gravy,
Grapes, Fruit Punch
Juice, Milk

26

Grilled Cheese
Sandwich, Sweet
Potato Tots, Green
Beans, Apple, Milk

THURSDAY



Fall Break

6

Pancakes, Sliced
Oranges, Apple
Juice, Milk

13

Macaroni & Cheese,
Green Beans,
Dinner Roll, Apple
Slices, Milk

Chorizo Burrito,
Nectarine, Orange
Juice, Milk

20

Pepperoni Pizza,
Carrot & Celery
Sticks, Apple Slices,
Milk

Cereal, Cheese
Stick, Apple Slices,
Orange Juice, Milk

27

Chicken Taquitos,
Pinto Beans,
Peaches, Milk

FRIDAY



Fall Break

7

Mini Chocolate
Donut, Cheese Stick,
Apple, Orange Juice,
Milk

14

Beef Patty, Mashed
Potatoes & Gravy,
Pinto Beans, Dinner
Roll, Peaches, Milk

Tortilla w/Cinnamon
& Sugar, Yogurt,
Sliced Oranges,
Apple Juice, Milk

21

Chicken Patty
Sandwich, Pinto
Beans, Peaches, Milk

Waffles,
Strawberries,
Orange Juice, Milk

28

Hot Dog, Oven
Fries, Cucumber
Slices, Pears, Milk



October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.

Did you know?



School News

08/03/22 – 08/07/22
Fall Break

08/10/22
Columbus Day

08/12/22
40th Day of School

08/18/22 & 08/19/22
Parent Teacher
Conferences

Early School Release
12pm

08/27/22
Halloween Festival



Adult Meal Prices

Breakfast \$2.70
Lunch \$4.60

Milk Offered Daily at
Breakfast & Lunch 1%
White or Fat Free
Chocolate

Meals are at no charge
to students

Menu is subject to
change due to
availability of product.

This institution is an
equal opportunity
provider.

“Esta entidad es un
proveedor que brinda
igualdad de
oportunidades.”