



October 2019

October is National Apple Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>Treat Yourself Right</p>	<p>1 Hot Pretzel w/Cheese Sauce Chili Mac Turkey & Cheese Sand BBQ Riblet* Sandwich Sliced Carrots Gr. Pepper Strips Diced Pears</p>	<p>2 Bacon* Cheeseburger Spicy Chicken Patty Sandwich Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Green Beans Fresh Zucchini Diced Peaches</p>	<p>3 Bosco Sticks w/Marinara Sauce Chicken Nuggets w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich Kickin' Pinto* Beans Celery Sticks Applesauce</p>	<p>4 Fish Sandwich w/Cheese Spicy Popcorn Chicken w/Dinner Roll Ranch Chicken Wrap Popcorn Chicken Salad w/Dinner Roll Steamed Broccoli Fresh Baby Carrots Diced Peaches</p>	<p>All menus meet or exceed current USDA or state-specific Dietary Guidelines for the Healthy, Hunger-Free Kids Act.</p> <p>Offered Daily: Apples or Oranges 100% Fruit Juice Homemade Pizza Pre-made Salads Burgers Chicken Patty Sandwich Tater Tots Milk Served Daily Skim Chocolate Skim White 1% White Milk A la carte: \$.50 Student Lunch: \$3.20 Adult Lunch: \$3.60</p> <p>WG – Whole Grain Romaine Salads served with Ranch Dressing</p> <p>Items listed with a red * may contain Pork.</p>
	<p>7 Buffalo Chicken Sandwich Soft Chicken Taco Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Corn Fresh Broccoli Mixed Fruit</p>	<p>8 Diced Chicken Nachos Soft Chicken Taco Turkey & Cheese Sand BBQ Riblet* Sandwich Peas Gr. Pepper Strips Diced Pears</p>	<p>9 Soft Chicken Taco Mac and Cheese Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Sweet Potato Fries Fresh Zucchini Diced Peaches</p>	<p>10 Turkey with Gravy Soft Chicken Taco Turkey & Cheese Sand BBQ Riblet* Sandwich Mashed Potatoes Celery Sticks Applesauce</p>	
<p>14 Columbus Day No School</p>	<p>15 Bosco Sticks w/Marinara Sauce Spicy Popcorn Chicken Turkey & Cheese Sand BBQ Riblet* Sandwich Green Beans Gr. Pepper Strips Diced Pears</p>	<p>16 Cheese & Bacon Baked Potato Pizza Burger Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Glazed Carrots Fresh Zucchini Diced Peaches</p>	<p>17 French Toast Sticks w/Syrup Chicken Sausage Patty Spicy Chicken Patty Sandwich Turkey & Cheese Sand BBQ Riblet* Sandwich Baked Beans Celery Sticks Applesauce</p>	<p>18 Chipotle Chicken Burrito Toasted Cheese Sandwich Tomato Soup Ranch Chicken Wrap Turkey Chef Salad w/Dinner Roll Corn Fresh Baby Carrots Diced Peaches</p>	
<p>21 Bacon* Cheeseburger Spicy Chicken Patty Sandwich Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Peas Fresh Broccoli Mixed Fruit</p>	<p>22 Buffalo Chicken Sandwich Spicy Popcorn Chicken w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich Green Beans Gr. Pepper Strips Diced Pears</p>	<p>23 Cheese Ravioli w/Marinara Sauce Alfredo Chicken Flatbread Tuna Salad Sandwich Chicken Caesar Salad Dinner Roll Sweet Potatoes Fresh Zucchini Diced Peaches</p>	<p>24 Thai Chicken Strips Cilantro Rice Chicken Nuggets w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich French Fries Celery Sticks Applesauce</p>	<p>25 Toasted Turkey & Swiss Fish Sandwich w/Cheese Ham/Turkey & Cheese Sand Popcorn Chicken Salad w/Dinner Roll Steamed Broccoli Fresh Baby Carrots Diced Peaches</p>	
<p>28 Meatloaf w/Gravy Corn Dog Ham & Cheese Sandwich Ham/Turkey Chef Salad w/Dinner Roll Mashed Potatoes Fresh Broccoli Mixed Fruit</p>	<p>29 French Toast Sticks w/Syrup Chicken Sausage Patty Popcorn Chicken w/Dinner Roll Turkey & Cheese Sand BBQ Riblet* Sandwich Green Beans Gr. Pepper Strips Diced Pears</p>	<p>30 Steamed Broccoli Chicken w/Lomein Spicy Chicken Patty Sandwich Ham & Cheese Sandwich Chicken Caesar Salad Dinner Roll Sliced Carrots Fresh Zucchini Diced Peaches</p>	<p>31 Early Dismissal No Service</p>		

Cass Junior High School



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This institution is an equal opportunity provider.



Part time positions open

If you are interested in working part time during the school year please log into www.aramark.com and open the careers tab to review available positions in Cass or call Nichole at 630-964-0267.