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Breakfast served daily

# October 2015

Turkey, ham, bologna, or pepperoni subs available daily

Salad bar available with meal daily, items include: Romaine lettuce, spinach, raisins, dried cherries, shredded carrots, walnuts, celery, black beans, diced eggs, onions, broccoli and garbanzo beans. When available whole grain breads are served.

	Mon	Tue	Wed	Thu	Fri	
<p>                 Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.         </p>				<p> <sup>1</sup>             Beef shepherd bowl w/ roll            Corn            Fruit &amp; milk              JVVVB @ Bear Lake 6:00         </p>	<p> <sup>2</sup>             Hotdog            Beans            Tossed salad            Fruit &amp; milk         </p>	<p>           Spirit            Parade              CC         </p>
<p> <sup>4</sup>             rndog         </p>	<p> <sup>5</sup>             Wing dings w/roll            Tator starz            Fruit &amp; milk              MSVB home BRCCA 5:30         </p>	<p> <sup>6</sup>             Burrito            Carrots w/ranch            Fruit &amp; milk              JVVVB @ Baldwin 6:00         </p>	<p> <sup>7</sup>             Spaghetti w/roll            Green beans            Fruit &amp; milk              CC WMD Championship @ MCE 4:15            MSVB @ Baldwin 5:30         </p>	<p> <sup>8</sup>             Chili corn chip bowl            Refried beans            Fruit &amp; milk              Soccer @ Kent City 4:30            JVVVB home BRCCA 6:00         </p>	<p> <sup>9</sup>             New York style pizza            Cauliflower florets            Fruit &amp; milk         </p>	<p> <sup>8th</sup>            Tour              CC P         </p>
<p> <sup>11</sup>             pocket         </p>	<p> <sup>12</sup>             Sloppy Joe            Tomato juice            Chips            Fruit &amp; milk         </p>	<p> <sup>13</sup>             Grilled chicken sandwich            Spinach salad            Fruit &amp; milk              JVVVB @ Onekama 6:00         </p>	<p> <sup>14</sup>             Beef gravy &amp; potato bowl            Roll            Green beans            Fruit &amp; milk         </p>	<p> <sup>15</sup>             Popcorn chicken            Potato log            Fruit &amp; milk              JVVVB home Brethren 6:00         </p>	<p> <sup>16</sup>             Beef nacho bowl            Refried beans            Fruit &amp; milk         </p>	<p> <sup>JV</sup>            Tour         </p>
<p> <sup>18</sup>             izza         </p>	<p> <sup>19</sup>             Chicken nuggets            Hash brown patty            Fruit &amp; milk         </p>	<p> <sup>20</sup>             Chili w/roll            Fresh carrots &amp; broccoli            Fruit &amp; milk         </p>	<p> <sup>21</sup>             Salisbury steak w/ redskin            Potatoes, roll            Corn            Fruit &amp; milk    <u>9:40 start day</u> </p>	<p> <sup>22</sup>             Burrito            Refried beans            Fruit &amp; milk              MSVB Muskegon Hts.Home 4:00            VVB Muskegon Hts. Home 5:30         </p>	<p> <sup>23</sup>   <b>No School</b> </p>	<p> <sup>CC</sup> </p>
<p> <sup>25</sup>             tter &amp; jelly         </p>	<p> <sup>26</sup>             Meatballs            Scalloped potatoes            Green beans            Fruit &amp; milk         </p>	<p> <sup>27</sup>             Beef noodle casserole w/ roll            V8 juice            Fruit &amp; milk         </p>	<p> <sup>28</sup>             Hotdog            Refried beans            Chips            Fruit &amp; milk         </p>	<p> <sup>29</sup>             Breaded chicken breast sandwich            Tossed salad            Chips            Fruit &amp; milk         </p>	<p> <sup>30</sup>             Fiestada pizza            Vegetable            Fruit &amp; milk              Halloween Parade 1:00            On Main Street         </p>	<p> <sup>Tr</sup>     </p>