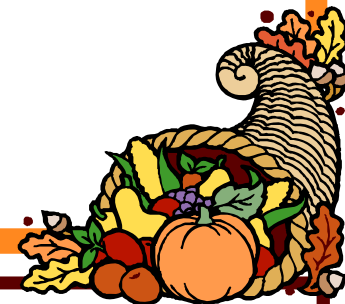


October 2009

Waynesville High School & Middle School



Monday	Tuesday	Wednesday	Thursday	Friday
			Soft Tacos Shredded Cheese/ Sour Cream, Lettuce, Tomato Refried Beans Salsa Fruit Milk	NO SCHOOL
Foot Long Hot Dogs Coney Sauce Shredded Cheese Baked Beans Fruit Milk	Turkey Wrap w/ cheese Lettuce & Tomato Carrots & Celery Stix Fruit Milk	Bentino's Pizza OR Pizza Casserole Green Beans Dinner Roll Fruit Milk	Hot Roast Beef & Cheddar Potato Wedges Fruit Milk	Spartan Deluxe Nuggets Mashed Potatoes w/Gravy Roll Corn Fruit Milk
NO SCHOOL	Spartan Deluxe Chicken Sandwich Lettuce, Tomato, Onion & Pickles Waffle Fries Fruit Milk	Bentino's Pizza Green Beans Fruit Milk	Walking Tacos Shredded Cheese, Sour Cream, Lettuce, Tomato Refried Beans Salsa Fruit Milk	Spicy Chicken Strips Potato Wedges Green Beans Roll Fruit Milk
Cheeseburger or Hamburger on a Bun Lettuce, Tomato, Onion & Pickles Coleslaw Fruit Milk	Popcorn Chicken Orange Sauce Rice Mixed Veggies Fruit Milk	Bentino's Pizza OR Spaghetti W/ Meat Sauce Side Salad Breadstick Fruit Milk	Tomato Soup Grilled Cheese Carrot Stix w/ dressing Fruit Milk	Spartan Deluxe Nuggets Mashed Potatoes w/Gravy Roll Corn Fruit Milk
Spartan Deluxe Chicken Sandwich Lettuce, Tomato, Onion & Pickles Waffle Fries Fruit Milk	Chicken Fajitas in a Flour Tortilla Lettuce, Tomato & Salsa Corn Fruit Milk	Bentino's Pizza Green Beans Fruit Milk	Nachos Supreme w/ Nacho Chips Taco Meat & Refried Beans Shredded Cheese, Sour Cream, Lettuce, Tomato & Salsa Fruit & Milk	BBQ Pork Sandwich OR Fish Sandwich Green Beans Fruit Milk

Spartan Café News

No School – Oct 12th

Bentino's Calzones –
Friday, October 30th

