



School Information: Caston Students receive one free breakfast and one free lunch, daily. Anything else wanted, they must have money in their accounts. Thanks!



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Bosco Stick w/Marinara, Seasoned Corn, Garden Salad, Fruit, and Milk **1**

Alternate: Peanut Butter & Jelly

Mac & Cheese, Baked Beans, Grapes, Dessert, and Milk **4**

Alternate: Calzone

Nachos, Red & Green Bell Pepper Strips, Sliced Cucumbers, Fruit, and Milk **5**

Alternate: Bosco Stick w/Cheese

Cheeseburger on a Bun, Green Leaf, Tomato Slice, Oven Fries, Fruit, and Milk **6**

Alternate: BBQ Rib Patty Snd

Calzone, Green Beans, Grapes, Honey Apple Crisp, Fruit, and Milk **7**

Alternate: Peanut Butter & Jelly

Cheese Pizza, Broccoli Florets, Baby Carrots, Citrus Fruit Cup, and Milk **8**

Alternate: Mini Tacos

Chicken Nuggets, Whole Wheat Roll, Mashed Potatoes, Gravy, Fruit, and Milk **11**

Alternate: Garlic Bread Pizza

Pig In A Blanket, Roasted Potatoes, Broccoli with Cheese, Apple Slices, Fruit, and Milk **12**

Alternate: Crispito

Mini Meatball Sub, Ranch Potatoes Wedges, Steamed Peas, Fruit, and Milk **13**

Alternate: Yogurt Parfait

Mini Corndogs, Pretzels, Cheese Stick, Garden Salad, Fruit, and Milk **14**

Alternate: Grilled Chicken Snd

Pepperoni Pizza, Baked Chips, Mixed Vegetables, Fruit, and Milk **15**

Alternate: Peanut Butter & Jelly

Chicken Tenders, Baked Beans, Garden Tossed Salad, Fruit, and Milk **18**

Alternate: Calzone

Hot Dog on Bun, Green Beans, Tater Tots, Fruit, Cookie, and Milk **19**

Alternate: Deli Snd

FALL BREAK **20**

FALL BREAK **21**

FALL BREAK **22**

Spaghetti w/Meat Sauce, Garlic Bread, Steamed Vegetables, Tossed Salad, Fruit, and Milk **25**

Alternate: Pretzel w/Cheese

Comet Bowl (Popcorn Chicken, Corn, Mashed Potatoes, Gravy), Whole Wheat Roll, Fruit, and Milk **26**

Alternate: Cheese Pizza

Chicken Patty Sandwich, Curly Fries, Mixed Vegetables, Fruit, and Milk **27**

Alternate: Peanut Butter & Jelly

Tomato Soup, Grilled Cheese, Goldfish, Fruit, and Milk **28**

Alternate: Chicken Tenders

Ravioli, Texas Toast, Steamed Vegetables, Fruit, Cookie, and Milk **29**

Alternate: Hot Dog on Bun