

October



St. Mark's
EPISCOPAL SCHOOL
Fort Lauderdale

Est. 1959

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Cheese Sandwich Tomato Soup Tater Tots Fresh Fruit	2 Spaghetti Plain or w/Red Sauce Garlic Bread Fresh Broccoli Fresh Fruit	3 Cheeseburgers, Veggie or Plain Burgers French Fries Sweet Potato Fries Applesauce Cookie Day	4 Chicken Tenders Mac-n-Cheese Corn Fresh Fruit	5 Teacher Workday No School
No School  15	9 Spaghetti Plain or w/Meat Sauce Garlic Bread Fresh Broccoli Fresh Fruit	10 Cheeseburgers, Veggie or Plain Burgers French Fries Sweet Potato Fries Applesauce Cookie Day	13 Pancakes with Bacon Hash Browns Yogurt Fresh Fruit	12 Domino's Pizza Ice Cream Day Fresh Fruit
15 Crispy Chicken Sandwich Tomato Soup French Fries Fresh Fruit	16 Penne Pasta Plain or w/Meat Sauce Garlic Bread Fresh Broccoli Fresh Fruit	17 Cheeseburgers, Veggie or Plain Burgers French Fries Sweet Potato Fries Applesauce Cookie Day	18 Chicken Tenders Mashed Potatoes Corn Fresh Fruit	19 Jets Pizza Ice Cream Day Fresh Fruit
22 Pulled Pork Sandwich Potato Wedges Coleslaw Fresh Fruit	23 Bow-tie Pasta Plain or w/Meat Sauce Garlic Bread Fresh Broccoli Fresh Fruit	24 Beef Taco Salad w/Tortilla Chips Black Beans & Rice Cookie Day	25 Chicken Penne Pasta Green Beans Fresh Fruit	26 49th Annual Diocesan Convention No School
29 Crispy Chicken Sandwich Tomato Soup French Fries Fresh Fruit	30 Spaghetti Plain or w/Meat Sauce Garlic Bread Fresh Broccoli Fresh Fruit	31 Early Dismissal 	Available Daily: <ul style="list-style-type: none"> • Deli, soup, salad bar and fresh fruit • Baked white or sweet potato and fixings (Grades 3–8) • Bento Box: pasta with butter, baked chicken strips and fruit (Terrific Toddlers–PK4) 	