



October 2026

Red Rock Day School
PO Drawer 2007
Red Valley, AZ 86544
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Beef Nachos, yams, fruit salad, rice krispy treat WG, 1% Milk	2 Beef Mac, Garlic Toast, Broccoli, apple wedges, 1% Milk	3
4	5 Tamale, Spanish rice, Pinto Beans, Corn Cobs, Peach Cream Cup, Applesauce fancy, 1% Milk	6 Chicken Bowl, Roll WG, Chocolate Cookie, Orange, 1% Milk	7 Roast beef, mashed Potatoes, beets, roll, Pineapple tidbit, 1% Milk	8 Chicken Noodle soup entrée, crackers saltine WG 2/pk, Bell pepper sticks, Peaches, 1% Milk	9 Teriyaki Chicken, fried rice, broccoli, egg roll, tropical fruit, 1% Milk	10
11	12 HOLIDAY- COLUMBUS DAY	13 BBQ Pork Rib Sandwich, Broccoli, sweet potatoes fries, Strawberries 7 Blueberries, 1% milk	14 Cheese Pizza Wedges, Corn, Yogurt, Chex Mix, Honeydew, 1% milk	15 Chili beans, cornbread, cucumber slices, grapes (fresh), 1% Milk	16 Fish stick pollock, coleslaw, slushie, lemon mini loaf, 1% Milk	17
18	19 No School- Staff Full Day Professional Development	20 Frito pie, corn, Lettuce, tomato, Mandarin Orange, Grapes, 1% Milk	21 Chicken alfredo, Carrots, bread sticks, strawberry, 1% Milk	22 Turkey Sandwich, Potatoe salad, chips, pineapple, 1% Milk	23 Spaghetti & meat Sauce, Bread Garlic Toast, Spinach Salad, Plums, 1% Milk	24
25	26 Hotdog, broccoli, fries, Pineapple Chunks, 1% Milk	27 Mutton Stew, Zucchini, Roll, Orange Chunks, 1% Milk	28 Bean Tostada, Lettuce, tomatoes, Black bean salad, strawberry, 1% Milk	29 Grilled Cheese Sandwich, Creamy Tomato Soup, Celery sticks, Apple Wedges, 1% Milk	30 Meatloaf, mashed Potatoes & Gravy, Roll, cauliflower, fruit mix	31