

# October 2022 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 NO SCHOOL</p> 	<p><b>4 Breakfast:</b> Pancakes or Cereal, Yogurt Or String Cheese, Fruit Juice, Milk</p> <p><b>Lunch:</b> Chicken wrap, Spanish Brown Rice, Romaine Lettuce, Tomato Slice, Zucchini, Peaches, Kiwi, Milk * Oatmeal Cookie</p>	<p><b>5 Breakfast:</b> Cereal, Yogurt or String Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Spaghetti w/ Meat Sauce, Garlic Bread, Garden Salad, Green Beans, Tropical Fruit, Mandarin Oranges, Milk</p>	<p><b>6 Breakfast:</b> Breakfast Pizza or Cereal, Fruit Juice, Milk</p> <p><b>Lunch:</b> Taco Salad &amp; Tortilla Chips and Salsa, Red Bell Pepper Strips, Refried Beans, Romaine Lettuce, Pineapple, Grapes, Milk * Cinnamon Roll</p>	<p><b>7 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chicken &amp; Noodles, Mashed Potatoes, Baby Carrots, Apple Slices, Mixed Fruit, Milk * Whole wheat Roll</p>
<p><b>10 Breakfast:</b> Cereal, Yogurt or String Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Meatball Sub, Potato Wedges, Tossed Salad, Banana, Pears, Milk</p>	<p><b>11 Breakfast:</b> Pancake-on-a-Stick or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Popcorn Chicken, Whole wheat Roll, Baked Beans, Cole Slaw, Baby Carrots, Peaches, Tropical Fruit, Milk</p>	<p><b>12 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> White Chicken Chili, Corn Bread Muffin, Cherry Tomatoes, Cucumber Slice, Mixed Fruit, Apple, Milk</p>	<p><b>13 Breakfast:</b> French Toast Sticks or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Grilled Chicken Sandwich, Broccoli, Baby Carrots, Grapes, Pears, Milk,</p>	<p><b>14 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Pepperoni Pizza, Sugar Snap Peas, Hash Brown Patty, Mandarin Oranges, Pineapple, Milk</p>
<p><b>17 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Pork Rib-on-a-Bun, Dark Green Lettuce &amp; Tomato Slice, Sweet Potato Puffs, Pineapple, Banana, Milk</p>	<p><b>18 Breakfast:</b> Biscuit &amp; Gravy or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chicken Crispito &amp; Tortilla Chips, Tomato Salsa, Refried Beans, Grapes, Applesauce, Milk</p>	<p><b>19 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Corn Dog, Green Beans, Tater Tots, Snickerdoodle, Apple, Peaches, Milk</p>	<p><b>20 Breakfast:</b> Breakfast Pizza or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chicken Quesadilla, Broccoli, Baby Carrots, Kiwi, Mixed Fruit, Milk **Tortilla Chips **Black Bean &amp; Corn Salsa</p>	<p><b>21 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Cowboy Cavatini, Whole wheat Roll, Corn, Garden Salad, Mandarin Oranges, Pears, Milk</p>
<p><b>24 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Hamburger-on-a-Bun, Lettuce, Tomato Slice, Oven Fries, Banana, Pears, Milk</p>	<p><b>25 Breakfast:</b> Cinnamon Roll or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chili, Red Bell Pepper Strips, Sliced Cucumbers, Cinnamon Roll, Peaches, Pineapple, Milk</p>	<p><b>26 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Chicken Nuggets, Whole wheat Roll, Mashed Potatoes &amp; Gravy, Tossed Salad, Grapes, Mixed Fruit,</p>	<p><b>27 Breakfast:</b> French Toast or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Grilled Chicken Sandwich, Sweet Potatoes, Green Beans, Applesauce, Oranges, Milk ** Apple Crisp</p>	<p>28 NO SCHOOL</p> 
<p><b>31 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Hot Ham &amp; Cheese -on-a-Bun, Potato Wedges, Red Bell Pepper Strips, Banana, Pineapple, Milk</p>	<p><b>Nov 1 Breakfast:</b> Sausage Biscuit or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Popcorn Chicken, Broccoli, Cherry Tomatoes, Grapes, Applesauce, Milk</p>	<p><b>Nov 2 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Taco Burger-on-a-Bun, Tomato Salsa, Green Lettuce, Refried Beans, Tropical Fruit, Apple, Milk</p>	<p><b>Nov 3 Breakfast:</b> Pancake-on-a-Stick or Cereal, Fruit, Juice, Milk</p> <p><b>Lunch:</b> Lasagna, Garlic Bread Stick w/ Marinara Sauce, Garden Salad, Baby Carrots, Cookie, Pears, Peaches, Milk</p>	<p><b>Nov 4 Breakfast:</b> Cereal, Yogurt or Cheese, Fruit, Milk, Juice</p> <p><b>Lunch:</b> Chicken Patty, whole wheat Roll, Mashed Potatoes &amp; Gravy, Asparagus, Mandarin Oranges, Kiwi, Milk</p>