

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast Pizza Breakfast Bar Chicken & Noodles Peas Peaches Garlic Stick	2 Cheese Omelet Tri tater Mini Corndogs Baked Beans Celery/Ranch Mand. Oranges	3 Blueberry Waffles Hashbrown, Go Gurt Biscuits & Gravy Lt Red Potatoes Cinna. Applesauce	4 Bagel/Jelly, String Cheese Beef & Bean Burrito Fresh Broc & Cauliflower/Dip Pears Churro	5 Cereal & Yogurt Sip Day
10 No School	11 Apple Turnover Mini Parfait Tender Chicken Bacon Wrap Salad & Fixings Carrots/ Ranch Pineapple	12 Pancake Wrap Breakfast Cookie Spaghetti/Meatballs Green beans Mixed Fruit Garlic Toast	13 Egg McMuffin Granola Bar Bacon Ch. Burger W/G Bun Fries Celery/Ranch Apple slices Treat	14 Donut/String Cheese Pizza California Blend Banana Slushie
17 Strawberry Bagel/Cottage Cheese Bacon Mac & Cheese Peas & Carrots Pineapple Cheese Stick	18 French Toast Sausage Taco/Chips Spanish Rice Corn Pears Cornbread	19 Cinnamon Roll Go Gurt Breakfast for Lunch Waffles Hashbrowns Sausage Applesauce	20 Breakfast Riser /String Cheese Chicken Patty W/G Bun Broccoli Salad Chips Oranges Treat	21 Poptart and Parfait Pulled Pork Dinner Mashed Potatoes Gravy Peaches Roll/Butter
24 Chocolate Crescent/Yogurt Cheese Pizza Quesadilla Green beans Pineapple Cottage Cheese	25 Chicken Biscuit Pork Tenderloin W/G Bun Cole Slaw Tots Tropical Fruit	26 Pancakes, Scrambled Eggs & Links Italian Grilled Chicken Salad Glazed Carrots Blueberries & Strawberries Garlic Toast	27 Smoothie Breakfast Bar Baked Potato Bar Ham or Chicken Broccoli/Cheese Mand. Oranges	28 Fruit Pizza String Cheese Dorito Chicken Mixed Veggie Grapes Garlic Stick Treat
31 Apple Bites/Yogurt BBQ Chicken/Biscuit Corn on the Cob Mixed Fruit Veggie Juice			1% MILK SERVED WITH EVERY MEAL <i>Juice & Fruit served with every breakfast</i>	MENU SUBJECT TO CHANGE <i>WG = Whole Grain</i>