

OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Pizza Fruit Juice Milk Quesadilla Mixed Veg Pineapple Treat	3 Cheese Omelet Hashbrown Fruit Juice Milk Taco Crunch Fiesta Corn Spanish Rice Pears Cornbread	4 Breakfast Pups Yogurt Fruit Juice Milk Orange Chicken/Rice Egg Roll Broccoli M Oranges Fortune Cookie	5 French Toast Egg Fruit Juice Milk Hot Dogs W/G Bun Carrots/Celery/Dip Wedges Tropical Fruit	6 Cereal Yogurt Fruit Juice Milk SIP DAY
9 NO SCHOOL	10 Waffles Hashbrowns Fruit Juice Milk Bacon Chicken Wrap Corn on Cob/Butter Peaches Chips	11 Chicken Biscuit Fruit Juice Milk BBQ Pork W/G Bun Little Reds Fresh Carrots/Dip Mixed Fruit	12 Pancake Sandwich Fruit Juice Milk CC French Toast Sausage Hashbrowns Banana	13 Banana Bread Parfait Fruit Juice Milk Lasagna Roll-Ups Green Beans Grapes Garlic Toast
16 Strawberry Cream Cheese Bagel Fruit Juice Milk Beef & Noodles Carrots Applesauce Pretzel Roll	17 Breakfast Bagel Fruit Juice Milk Scalloped Potatoes W/Ham Peas/Carrots Mixed Fruit Dinner Roll/Butter	18 French Toast Sausage Fruit Juice Milk Pizza Bread Italian Blend Salad/Dressing Fresh Apples	19 Breakfast Taco Fruit Juice Milk Open Face Turkey Sandwich/Gravy Corn Strawberries Cookie	20 Fruit Pizza Fruit Juice Milk Fish W/G Bun Coleslaw Broccoli/Cauliflower Pears
23 Cereal Yogurt Fruit Juice Milk Bacon Cheeseburger W/G Bun Baked Beans California Blend Tropical Fruit	24 Biscuits/Gravy Fruit Juice Milk Hot Ham/Cheese Pretzel Bun Tots Dragon Juice Peaches	25 Cheese Omelet Hashbrown Fruit Juice Milk Cream Chicken over Biscuit Peas Fresh Oranges	26 Donut Parfait Fruit Juice Milk Ravioli Prince Charles Applesauce Garlic Toast	27 Breakfast Bagel Fruit Juice Milk Taco Tot Surprise Green Beans Pineapple Cornbread
30 Banana Bread Yogurt Fruit Juice Milk Chicken Patty W/G Bun Potato Bites Mixed Fruit	31 Breakfast Pizza Fruit Juice Milk Spaghetti/W Eyeballs Peas/Carrots Pears Dirt Dessert			