

October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 BBQ Beef on a Bun Fresh Snow Peas Baked Beans Summer Fruit Salad Royal Brownie (6-12) Fruit Choice -Fresh Milk Choice	3 Ham & Cheese Rollup Garlic Breadstick (9-12) Garden Salad Fresh Baby Carrots Diced Peaches Fruit Choice -Fresh Milk Choice	4 Beef & Bean Burrito Tortilla Chips (9-12) Tomato Salsa Romaine & Tomato Mexican Corn Fresh Banana Fruit Choice -Fresh Milk Choice	5 Turkey & Cheese Sub Sandwich Dk Gr Leaf Lettuce Tomato Slice Sweet Potato Fries Fresh Kiwi Fruit Choice -Fresh Milk Choice	6 Country Style Beef Pattie WW Roll Jelly (6-12) Mashed Potatoes Gravy Steamed Broccoli Fresh Pineapple Fruit Choice -Fresh Milk Choice	7
8	9 Spaghetti w/ Meat Sauce Garlic Bread Garden Salad Green Beans Mandarin Oranges Fruit Choice -Canned Milk Choice	10 Chicken Wrap Spanish Brown Rice Romaine Lettuce Tomato Slice Tropical Fruit Oatmeal Cookie (9-12) Fruit Choice -Fresh Milk Choice	11 Pig in a Blanket Roasted Red Potatoes Broccoli w/ Cheese Fresh Apple Slices Fruit Choice -Canned Milk Choice	12 Taco Salad Tortilla Chips Tomato Salsa Refried Beans Fresh Watermelon Cinnamon Puff (6-12) Fruit Choice -Canned Milk Choice	13 NO SCHOOL	14
15	16 Chicken Patty on a Bun Ranch Potato Wedges Tossed Salad Peaches Fruit Choice -Canned Milk Choice	17 BBQ Chicken Drumstick WW Roll & Jelly Baked Beans Creamy Cole Slaw Apricot Halves Fruit Choice -Fresh Milk Choice	18 Cheese Pizza Broccoli Florets Fresh Baby Carrots Fresh Citrus Fruit Cup Fruit Choice -Canned Milk Choice	19 Frito Pie Cherry Tomatoes Cucumber Slices Fresh Banana Fruit Choice -Canned Milk Choice	20 NO SCHOOL	21
22	23 Pork Rib on a Bun Dk Gr Leaf Lettuce Tomato Slice Sweet Potato Puffs Fresh Apple Fruit Choice -Canned Milk Choice	24 Taco Soup Tortilla Chips Tomato Salsa Broccoli Florets Fresh Strawberries Fruit Choice -Canned Milk Choice	25 Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodle Fruit Choice -Fresh Milk Choice	26 Chicken Taco Tortilla Chips (9-12) Refried Beans Black Bean & Corn Salsa (9-12) Fresh Cantaloupe Fruit Choice -Canned Milk Choice	27 Hot Hamburger Sandwich Seasoned Corn Garden Salad Fresh Orange Fruit Choice -Fresh Milk Choice	28
29	30 Chicken Nuggets WW Roll & Jelly Mashed Potatoes Gravy Tossed Salad Fresh Pear Fruit Choice -Fresh Milk Choice	31 Chili Tortilla Chips (9-12) Red Bell Pepper Strips Fresh Peach Cinnamon Roll Fruit Choice -Canned Milk Choice				

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