

October 2022

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

