



LUNCH Menu OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hot Dog Baked Beans Tater Tots	3 Chef Salad Roll	4 Beef Nacho Lettuce, Tomato Cheese	5 Calzone Salad	6 NO SCHOOL
9 Pasta w/Meat Sauce	10 Mexican Casserole Refried Beans Salsa	11 Pizza Salad	12 Cheeseburger Tater Tots Green Beans	13 Sloppy Joes Tater Tots Carrots
16 Meatloaf Mashed Potatoes Peas	17 Chicken Parmesan Salad	18 Corn Dogs Tater Tots Green Beans	19 Beef Burrito Refried Beans Salad	20 Turkey Sandwich Lettuce, Tomato Cole Slaw
23 Calzone Salad	24 Chicken Tenders Salad Green Beans	25 Egg Roll in a Bowl Rice	26 Hot Dog Tater Tots	27 Chicken Salad Sandwich Salad
30 Sloppy Joes Tater Tots Corn	31 NO SCHOOL Staff Reports:Prof Dev			

Salad Dressings: Low-cal Ranch
Low-cal Italian
Salad includes: 1 cup Greens and ½ cup Tomatoes
Daily Fresh Fruit: Apples, Bananas, Grapes, Oranges, Peaches, Pears
Milk Options: 1% White, Fat Free Chocolate, Soy



BREAKFAST Menu OCTOBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Kits	3 Breakfast Pizza	4 Poptarts	5 Bagels	6 NO SCHOOL
9 Sausage Egg Muffin	10 French Toast	11 Poptarts	12 Donuts	13 Poptarts
16 Cereal Kits	17 French Toast Casserole	18 Bagels	19 Cereal Kits	20 Waffles
23 Donuts	24 Poptarts	25 Sausage Egg Sandwich	26 Bagels	27 Cereal Kits
30 Poptarts	31 NO SCHOOL Staff Reports: Prof Dev			

Juice Options: Orange, Apple, Grape
 Milk Options: 1% White, Fat Free Chocolate, Soy
 Fruit Options: Apples, Bananas, Oranges, Craisins, Raisins