

# October 2022

Please Note: Breakfast Milk includes a choice of non-fat (unflavored) or 1% (unflavored) milk,  
Lunch includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk  
Reduced fat dressing is served with salads and fresh vegetables.  
All Grain items are Whole Grain Rich

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>B'Fast – Breakfast Pizza, Fruit, Juice, Milk</p> <p>Lunch – Elem – Soft Shell Taco, Taco in Bag, Lettuce, Tomatoes, Cheese, Refried Beans, Green Beans, ½ Orange, Pears, Milk</p>	<p>4</p> <p>B'Fast – Biscuits &amp; Sausage Gravy, Fruit, Juice, Milk</p> <p>Lunch – Chicken Strips, Mashed Potatoes w/ Gravy, BB Sandwich, Peaches, Baby Carrots, Pineapple, Milk</p>	<p>5</p> <p>B'Fast – Egg/Ham Combo, Fruit, Juice, Milk</p> <p>Lunch – BBQ Pork on Bun, Tator Tots, Romaine Spinach, ½ Apple, Mandarin Oranges, Milk</p>	<p>6</p> <p>B'Fast – Waffle, Cheese Sticks, Fruit, Juice, Milk</p> <p>Lunch – Corn dog, Broccoli with Cheese, Watermelon, Applesauce, Milk</p>	<p>7</p> <p>B'Fast – Egg/Cheese Muffin, Fruit, Juice, Milk</p> <p>Lunch – Cream Chicken Biscuits, Peas, Fresh Fruit, Pears, Milk</p>
<p>10</p> <p>B'Fast – Egg/Ham Combo, Fruit, Juice, Milk</p> <p>Lunch – Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, Applesauce, Milk</p>	<p>11</p> <p>B'Fast – French Toast Sticks, Fruit, Juice, Milk</p> <p>Lunch – Crispito's, Cheese, Chili, Green Beans, BB Sandwich, Refried Beans, Oranges, Peaches, Milk</p>	<p>12</p> <p>B'Fast – Biscuits &amp; Sausage Gravy, Fruit, Juice, Milk</p> <p>Lunch – Chicken Pattie on Bun, Curly Fries, Baby Carrots, ½ Apple, Mandarin Oranges, Milk</p>	<p>13</p> <p>B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk</p> <p>Lunch – Salisbury Steak, Mashed Potatoes, BB Sandwich, Pears, Fresh Fruit, Milk</p>	<p>14</p> <p>B'Fast – Breakfast Pizza, Fruit, Juice, Milk</p> <p>Lunch – Hotdogs on Bun, Baked Beans, Baby Carrots, Peaches, Banana, Milk</p>
<p>17</p> <p>B'Fast – Waffle, Cheese Sticks, Fruit, Juice, Milk</p> <p>Lunch – Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Romaine/Spinach Salad, Applesauce, Fresh Fruit, Milk</p>	<p>18</p> <p>B'Fast – Pancake on a Stick, Fruit, Juice, Milk</p> <p>Lunch – Chicken Nuggets, Mashed Potatoes, w/Gravy, BB Sandwich, Peaches, Pineapple, Milk</p>	<p>19</p> <p>B'Fast – Egg/Cheese Muffin, Fruit, Juice, Milk</p> <p>Lunch – Cheeseburger on WG Bun, French Fries, Tomato Slices, Fresh Fruit, Pears, Milk</p>	<p>20</p> <p>B'Fast – Egg/Ham Combo, Fruit, Juice, Milk</p> <p>Lunch – Sub Sandwich, Baked Beans, Baby Carrots, Applesauce, ¼ Banana, Milk</p>	<p>21</p> <p>B'Fast – Breakfast Pizza, Fruit, Juice, Milk</p> <p>Lunch – Rib on Bun, Baked Beans, Baby Carrots, Applesauce, Banana, Milk</p>
<p>24</p> <p>B'Fast – Egg/Cheese Muffin, Fruit, Juice, Milk</p> <p>Lunch – Chicken Fajita on Soft Shell, Corn, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit, Pears, Milk</p>	<p>25</p> <p>B'Fast – French Toast Sticks, Fruit, Juice, Milk</p> <p>Lunch – Mini Corn dogs, Broccoli w/Cheese Sauce, Baby Carrots, Fresh Fruit, Peaches, Milk</p>	<p>26</p> <p>B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk</p> <p>Lunch – Pork Tender on Bun, Rice, Peas, Peaches, Applesauce, Milk</p>	<p>27</p> <p>B'Fast – Biscuits &amp; Sausage Gravy, Fruit, Juice, Milk</p> <p>Lunch – Crispito's, Cheese, Chili, Green Beans, BB Sandwich, Refried Beans, Oranges, Pears, Milk</p>	<p>28</p> <p>NO SCHOOL</p>
<p>31</p> <p>B'Fast – Egg/Ham Combo, Fruit, Juice, Milk</p> <p>Lunch – Chili, Cheese Sandwich, Baby Carrots, Crackers, Applecrisp, Milk</p>				