

# October 2023

**Please Note: Breakfast Milk choice 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**

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<p style="text-align: right;"><b>2</b></p> <p>Bkfst-French Toast Sticks, Fruit, Juice, Milk</p> <p>Lunch-Elem Soft Shell Tacos HS-Taco in a Bag, Lettuce, Cheese, Tomato, Green Beans, WG B/B Sandwich, 1/2 Orange, Pears, Milk</p>	<p style="text-align: right;"><b>3</b></p> <p>Bkfst-Cheese/Egg Bagel, Fruit, Juice, Milk</p> <p>Lunch-Cream Chicken on WG Biscuits, Peas, Fresh Fruit, Peaches, Milk</p>	<p style="text-align: right;"><b>4</b></p> <p>Bkfst-Pancake on a Stick, Fruit, Juice, Milk</p> <p>Lunch-Italian Chicken on WG Bun, Tator Tots, Baby Carrots, Peaches, Applesauce, Milk</p>	<p style="text-align: right;"><b>5</b></p> <p>Bkfst-Bkfst Pizza, Fruit, Juice, Milk</p> <p>Lunch-Mini Corn Dogs, Broccoli w/Cheese, Baby Carrots, Banana, Pears, Milk</p>	<p style="text-align: right;"><b>6</b></p> <p>Bkfst-Stuffed Hashbrown, Toast, Juice, Milk</p> <p>Lunch-Rib om WG Bun, Baked Beans, Baby Carrots, Applesauce, ½ Orange, Milk</p>
<p style="text-align: right;"><b>9</b></p> <p>Bkfst-Waffles, Fruit, Cheese Stick, Juice, Milk</p> <p>Lunch-Chicken Strips, Mashed Potatoes w/ Gravy, WG B/B Sandwich, Baby Carrots, Fresh Fruit, Applesauce, Milk</p>	<p style="text-align: right;"><b>10</b></p> <p>Bkfst-WG Biscuits w/Sausage Gravy, Fruit, Juice, Milk</p> <p>Lunch-Crispitos w/Cheese&amp;Chili Sauce, WG B/B Sandwich, Corn, ½ Orange, Pears, Milk</p>	<p style="text-align: right;"><b>11</b></p> <p>Bkfst-Ham/Egg Combo, Toast, Fruit, Juice, Milk</p> <p>Lunch-Pork Tender on WG Bun, Rice, Peas, Mandarin Oranges, ½ Apple, Milk</p>	<p style="text-align: right;"><b>12</b></p> <p>Bkfst-Sausage Bagel, Fruit, Juice, Milk</p> <p>Lunch-Chicken Fajita on WG Soft Shell, Refried Beans, Green Beans, Romaine Lettuce, Cheese, Tomato, Fresh Fruit, Applesauce, Milk</p>	<p style="text-align: right;"><b>13</b></p> <p>Bkfst-Egg/Cheese Biscuit, Fruit, Juice, Milk</p> <p>Lunch-Tator Tot Hot dish, Mixed Vegetables, Baby Carrots, WG B/B Sandwich, Banana, Peaches, Milk</p>
<p style="text-align: right;"><b>16</b></p> <p>Bkfst-Pancake on a Stick, Fruit, Juice, Milk</p> <p>Lunch-Pizza, Green Beans, Romaine/Spinach Salad, Strawberries, Pears, Milk</p>	<p style="text-align: right;"><b>17</b></p> <p>Bkfst-Bkfst Pizza, Fruit, Juice, Milk</p> <p>Lunch-Hot Dog, Baked Beans, Baby Carrots, Watermelon, ½ Orange, Milk</p>	<p style="text-align: right;"><b>18</b></p> <p>Bkfst-French Toast Sticks, Fruit, Juice, Milk</p> <p>Lunch-Chicken Patty on WG Bun, Curly Fries, Baby Carrots, Peaches, Applesauce, Milk</p>	<p style="text-align: right;"><b>19</b></p> <p>Bkfst-Ham/Egg Combo, Toast, Fruit, Juice, Milk</p> <p>Lunch-Spaghetti w/Meat Sauce, Bread Stick, Mixed Vegetables, Romaine/Spinach Salad, Mandarin Oranges, ½ Apples, Milk</p>	<p style="text-align: right;"><b>20</b></p> <p>Bkfst-Cheese Omelet, Toast, Fruit, Juice, Milk</p> <p>Lunch-Chicken Nuggets, Mashed Potatoes w/Gravy, WG B/B Sandwich, Peaches, Fresh Fruit, Milk</p>
<p style="text-align: right;"><b>23</b></p> <p>Bkfst-Waffle, Cheese Stick, Fruit, Juice, Milk</p> <p>Lunch-Crispitos w/Cheese/Chili, WG B/B Sandwich, Corn, ½ Orange, Pears, Milk</p>	<p style="text-align: right;"><b>24</b></p> <p>Bkfst-Ham/Egg Combo, Toast, Fruit, Juice, Milk</p> <p>Lunch-Pizza Boat, Green Beans, Peaches, Strawberries, Milk</p>	<p style="text-align: right;"><b>25</b></p> <p>Bkfst-WG Biscuits &amp; Sausage Gravy, Fruit, Juice, Milk</p> <p>Lunch-Cheeseburger on WG Bun, French Fries, Romaine/Spinach Salad, Tomato, ½ Apple, Mandarin Oranges, Milk</p>	<p style="text-align: right;"><b>26</b></p> <p>Bkfst-Bkfst Pizza, Fruit, Juice, Milk</p> <p>Lunch-Lasagna, Green Beans, Romaine/Spinach Salad, Breadstick, Pineapple, Applesauce, Milk</p>	<p style="text-align: right;"><b>27</b></p> <p>No School</p>
<p style="text-align: right;"><b>30</b></p> <p>Bkfst-Egg/Cheese Biscuit, Fruit, Juice, Milk</p> <p>Lunch-Corn Dogs, Broccoli/Cheese, Baby Carrots, Fresh Fruit, Peaches, Milk</p>	<p style="text-align: right;"><b>31</b></p> <p>Bkfst-Pancake on a Stick, Fruit, Juice, Milk</p> <p>Lunch-Chili, Cheese Sandwich, Crackers, Baby Carrots, Apple Crisp, Milk</p>			

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