



# October 2023 Hot Lunch Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1.	2. Chicken Drumstick w/Rice Fresh Fruit Fresh Vegetable	3. Taco w/Tortilla Chips/Salsa Fresh Fruit Fresh Vegetable	4. Mozzarella Cheese Sticks w/Marinara Fresh Fruit Fresh Vegetable	5. Teriyaki Chicken w/Rice Fresh Fruit Fresh Vegetable	<del>6. SCHOOL CLOSED PROFESSIONAL DAY</del>	7.
8.	9. Chicken Tender w/Waffle Fresh Fruit Fresh Vegetable	10. Sweet & Sour Meatballs w/Rice Fritos Fresh Fruit Fresh Vegetable	11. Rotini w/Meat Sauce/Garlic Breadstick Fresh Fruit Fresh Vegetable	12. Taco w/Tortilla Chips/Salsa Fresh Fruit Fresh Vegetable	13. Stuffed Crust Pizza Fresh Fruit Fresh Vegetable	14.
15.	<del>16. SCHOOL CLOSED FACULTY RETREAT</del>	17. Taco w/Tortilla Chips/Salsa Fresh Fruit Fresh Vegetable	18. Pizza Sticks w/Marinara Fresh Fruit Fresh Vegetable	19. Sweet & Sour Chicken w/Rice Fresh Fruit Fresh Vegetable	20. Garlic French Bread Pizza Fresh Fruit Fresh Vegetable	21.
22.	23. Chicken Tenders w/Waffle Fresh Fruit Fresh Vegetable	24. Korean BBQ Meatballs w/Rice Fritos Fresh Fruit Fresh Vegetable	25. Rotini w/ Meat Sauce Garlic Breadstick Fresh Fruit Fresh Vegetable	26. Taco w/Tortilla Chips/Salsa Fresh Fruit Fresh Vegetable	27. Pizza Fresh Fruit Fresh Vegetable	28.
29.	30. Chicken Drumstick w/Rice Fresh Fruit Fresh Vegetable	31. Taco w/Tortilla Chips/Salsa Fresh Fruit Fresh Vegetable				



# October 2023 Breakfast Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1.	2. Cheese Stick w/MJM Grahams Applesauce Milk/Juice	3. Sweet Potato Roll Peach Cup Milk/Juice	4. Yogurt w/mini Muffin Applesauce Milk/Juice	5. Benefit Bar Peach Cup Milk/Juice	<del>6. SCHOOL CLOSED PROFESSIONAL DAY</del>	7.
8.	9. Cheese Stick w/Tiger Grahams Applesauce Milk/Juice	10. Breakfast Bread Peach Cup Milk/Juice	11. Yogurt w/mini Muffin Applesauce Milk/Juice	12. Chocolate Chip Crumb Loaf Peach Cup Milk/Juice	13. Blueberry Chex Cereal Applesauce Milk/Juice	14.
15.	<del>16. SCHOOL CLOSED FACULTY RETREAT</del>	17. Sweet Potato Roll Peach Cup Milk/Juice	18. Yogurt w/mini Muffin Applesauce Milk/Juice	19. Benefit Bar Peach Cup Milk/Juice	20. Honey Cheerios Cereal Applesauce Milk/Juice	21.
22.	23. Cheese Stick w/Tiger Grahams Applesauce Milk/Juice	24. Breakfast Bread Peach Cup Milk/Juice	25. Yogurt w/mini Muffin Applesauce Milk/Juice	26. Cinnamon Crumb Loaf Peach Cup Milk/Juice	27. Cinnamon Chex Cereal Applesauce Milk/Juice	28.
29.	30. Cheese Stick w/MJM Grahams Applesauce Milk/Juice	31. Sweet Potato Roll Peach Cup Milk/Juice				