

# October Breakfast Menu

# 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Cereal Cup Fruit Cup Cheese Stick	3 Cinnamon Roll Orange Slices Yogurt	4 Banana Bread Strawberries Hard Boiled Egg	5 Breakfast Bar Banana Cheese Stick	6 Bagelfuls Grapes Yogurt Smoothie	7
8	9 Cereal Bar Applesauce Yogurt	10 Blueberry Muffin Mandarin Oranges Hard Boiled Egg	11 Yogurt Parfait with Blueberries Banana Cheese Stick	12 <b>No School</b>	13 <b>No School</b>	14
15	16 Cereal Cup Apple Slices Yogurt	17 Frudel Orange Slices Cheese stick	18 Chocolate Chip Muffin Strawberries Yogurt Smoothie	19 <b>No School</b>	20 <b>No School</b>	21
22 <b>8oz. milk served with every meal Lactose Free milk served with written parent/doctor request.</b>	23 Oatmeal Bar Grapes Yogurt	24 Yogurt Parfait with Raspberries Craisins Cheese Stick	25 Chocolate Chip Banana Bread Banana Hardboiled Egg	26 Bagel with Cream Cheese Strawberries Yogurt Smoothie	27 Apple Cinnamon Muffin Pears Yogurt	28
29 <b>This institution is an equal opportunity Employer</b>	30 Cereal Cup Grapes Yogurt	31 Pumpkin Bread Apple Slices Cheese Stick				

# October Lunch Menu

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Orange Chicken Fried Rice Apples	3 Walking Tacos Black Beans Tropical Fruit	4 Chicken Patty on a WG Bun Broccoli Grapes	5 WG French Toast Sticks Sausage and Breakfast Potatoes Grapes	6 WG Cheesy Breadstick Marinara Sauce Mixed Veggies Strawberries	7
8	9 Chicken Alfredo Broccoli Orange Slices	10 Cheese Pizza Mixed Veggies Peaches	11 Cheeseburger on WG Bun French Fries Cucumbers Strawberries	12 <b>No School</b>	13 <b>No School</b>	14
15	16 Mac and Cheese Peas and Carrots Mandarin Oranges	17 Spaghetti and Meatballs Cesear Salad Orange Slices	18 Chili Corn Bread Carrots Cantaloupe	19 <b>No School</b>	20 <b>No School</b>	21
22 <b>8oz. milk served with every meal Lactose Free milk served with written parent/doctor request.</b>	23 Mini Corn Dogs Broccoli Apples	24 Chicken Strips Edamame Pineapple	25 Grilled Cheese on WG Bread Tomato Soup Strawberries	26 Meatball Sub on a WG Hoagie Green Peas Banana	27 Ham and Cheese Bento Box WG Crackers Sugar Snap Peas Grapes	28
29 <b>This institution is an equal opportunity Employer</b>	30 Popcorn Chicken Carrots Mandarin Oranges	31 Cheese Tortellini Green Beans Applesauce				