

# OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>BR:</b> Cereal, Cereal Bar <b>L:</b> Chicken Patty/Bun, Tri Tater, Green Beans, Pears	3 <b>BR:</b> Poptart, Cereal <b>L:</b> Taco, Breadstick, Refried Beans, Mand. Oranges	4 <b>BR:</b> Tornado <b>L:</b> Pork Patty/Bun, Sweet Potato Fries, Peas & Carrots, Peaches	5 <b>BR:</b> Yogurt, Bun <b>L:</b> Pancake, Scrambled Eggs, Sausage Patty, Hash Brown, Juice	6 <b>BR:</b> Cinnamon Roll <b>L:</b> Pizza, Lettuce, Broccoli, Hot Apples	7
8	9 <b>BR:</b> Rice Krispie Bar, Cereal <b>L:</b> Tater Tot Casserole, Garlic Bread, Green Beans, Applesauce	10 <b>BR:</b> Mini Donuts <b>L:</b> Chicken Fajita, Spanish Rice, Refried Beans, Tropical Fruit	11 <b>BR:</b> Cereal, Cheese Stick <b>L:</b> Pulled Pork, Sweet Potato Fries, Broccoli, Mixed Fruit	12 <b>BR:</b> PBJ <b>L:</b> Popcorn Chicken, Mashed Potatoes/Gravy, Corn, Peaches	13 <b>BR:</b> Cinni Mini <b>L:</b> Hamburger or Cheeseburger, Chips, Baked Beans, Mand. Oranges	14
15	16 <b>BR:</b> Cereal, Cereal Bar <b>L:</b> Pulled Chicken, Tri Tater, Broccoli, Pineapple	17 <b>BR:</b> Bagel Bites <b>L:</b> McRib, Bun, Corn, Pears, Cookie	18 <b>BR:</b> Sausage/Pancake on a Stick <b>L:</b> Chicken Alfredo, Garlic Bread, Green Beans, Peaches	19 <b>BR:</b> Muffin, Cereal <b>L:</b> Hoagie, Chips, Carrots, Applesauce Cup	20 <b>NO SCHOOL</b>	21
22	23 <b>BR:</b> PB&J <b>L:</b> Meatball Sub, Green Beans, Pears, Ice Cream Cup	24 <b>BR:</b> S'more Bar, Cereal <b>L:</b> Corn Dog, Broccoli, Sweet Potato Fries, Pineapple	25 <b>BR:</b> Sausage on bun <b>L:</b> Sloppy Joe, Hash Brown, Baked Beans, Mixed Fruit	26 <b>BR:</b> Rice Krispie Bar, Cereal <b>L:</b> Chicken Nuggets, Bun, Mac & Cheese, Peas & Carrots, Tropical Fruit	27 <b>BR:</b> Cereal, Cereal Bar <b>L:</b> Breakfast Sandwich, Tri Tater, Juice, Cinni Mini	28
29	30 <b>BR:</b> Poptart, Cereal <b>L:</b> Hot Ham & Cheese, Spud Bites, California Blend, Peaches	31 <b>BR:</b> Empanada's <b>L:</b> Spaghetti, Cheese Breadstick, California Blend, Pineapple		<b>Milk is included with all menus</b>	<b>All Breakfasts include fruit or juice</b>	