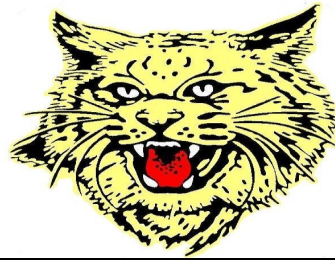











Monday- Cooks Choice, Juice, Fruit, Milk
 Tuesday-Breakfast Sandwich, Jelly, Juice, Fruit, Milk
 Wednesday- Cereal, Bagel, Cream Cheese, Fruit, Juice, Milk
 Thursday-Biscuit & Sausage Gravy, Juice, Fruit, Milk
 Friday- Pastry, Yogurt, Granola, Fruit, Juice, Milk
 Menu Subject To Change
 Milk Choices Include Low-Fat White & Chocolate



October 2023

Mon	Tue	Wed	Thu	Fri
2 <i>Chicken & Waffle</i> <i>Celery</i> <i>Fruit</i>	3 <i>Ham Steak/ Bread</i> <i>Potato</i> <i>Broccoli</i> <i>Fruit</i> 	4 <i>Soft Taco</i> <i>Lettuce, Cheese, Diced Tomato</i> <i>Chips & Salsa</i> <i>Fruit</i>	5 <i>Philly Cheese Steak/ Bun</i> <i>Mixed Peppers</i> <i>Fruit</i> <i>Cookie</i> 	6 <i>E- Fish & Chips</i> <i>Slaw/ Fruit</i> <i>H- Salad & Baked Potato</i> <i>Bar</i>
9 <i>No School</i> 	10 <i>Chicken/ Bread</i> <i>Mac & Cheese</i> <i>Peas</i> <i>Fruit</i>	11 <i>Sausage Pizza</i> <i>Animal Crackers</i> <i>Carrot Sticks</i> <i>Fruit</i> 	12 <i>Pulled Pork Sandwich</i> <i>Broccoli</i> <i>Fruit</i> <i>Ice Cream</i>	13  <i>Ham Sub</i> <i>Fresh Veggies</i> <i>W.G. Chips</i> <i>Fruit</i>
16 <i>Mini Tacos</i> <i>Lettuce</i> <i>Fruit</i> <i>Cookie</i>	17 <i>Hot Dog/ Bun</i> <i>Potato</i> <i>Cucumber Slices</i> <i>Fruit</i> 	18 <i>Grilled Cheese</i> <i>Tomato Soup</i> <i>Celery</i> <i>Fruit</i>	19 <i>Chicken Leg</i> <i>Mashed Potatoes/ Gravy</i> <i>Corn</i> <i>Fruit</i> 	20 <i>French Bread</i> <i>Pizza Sauce</i> <i>Mixed Vegetables</i> <i>Fruit</i>
23 <i>Chicken/ Bread</i> <i>Pasta Salad</i> <i>Red Peppers</i> <i>Fruit</i>	24 <i>Spaghetti W/ Meatballs</i> <i>Garlic Bread</i> <i>Green Beans</i> <i>Fruit</i>	25 <i>Chef Salad</i> <i>Turkey, Cheese, Tomatoes</i> <i>Crackers, Boiled Egg</i> <i>Fruit</i>	26 <i>Pretzel/ W Cheese</i> <i>Cucumber Slices</i> <i>Fruit</i> <i>Dessert</i>	27 <i>No School</i> 
30 <i>Turkey & Cheese Wrap</i> <i>W.G. Chips</i> <i>Broccoli & Cauliflower</i> <i>Fruit</i> 	31 <i>Chili/ Crackers</i> <i>Cheese Stick</i> <i>Celery</i> <i>Fruit</i>	