



Lunch - October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Turkey Grilled Cheese (1 ea) Bag of Chips (1 ea) Carrots & Ranch (3/4 cup) Mandarin Oranges (1/2 cup)	Turkey Chili (6 oz) Corn Bread Muffin (1 ea) Peaches (1/2 cup)	Mini Corndogs (6 ea) Smiley Fries (3/4 cup) Strawberry Applesauce (1/2 cup) Salad Bar	Chicken Pasta w/ Broccoli (4 ounces) Roll (1 ea) Pineapples (1/2c)	Hotdog (1 ea) Fries (3/4 cup) Apple Slices (1/2 cup)
10	11	12	13	14
Chicken Nuggets (5 ea) Smiley Fries (3/4 cup) Pineapples (1/2 cup)	Turkey Chili (6 oz) Corn Bread Muffin (1 ea) Pears (1/2 cup)	Chicken Drumstick (1 ea) Green Beans (3/4 cup) Mac and Cheese (2 ounces) Apple Slices (1/2 cup)	Turkey & Cheese Sandwich(1 ea) Bag of Chips (1 ea) Carrots & Ranch (3/4 cup) Peaches (1/2 cup)	Chicken Strips (3 ea) Onion Rings (3/4 cup) Tropical Fruit Cup (1/2 cup)
17	18	19	20	21
No School - Fall Break	No School - Fall Break	No School - Fall Break	No School - Fall Break	No School - Fall Break
24	25	26	27	28
Chicken Nuggets (5 ea) Smile Fries (3/4 cup) Pineapples (1/2 cup)	Turkey Chili (6 oz) Corn Bread Muffin (1 ea) Pears (1/2 cup)	Chicken Drumstick (1 ea) Green Beans (3/4 cup) Mac and Cheese (2 ounces) Apple Slices (1/2 cup) Salad Bar	Turkey & Cheese Sandwich(1 ea) Bag of Chips (1 ea) Carrots & Ranch (3/4 cup) Peaches (1/2 cup)	Chicken Strips (3 ea) Onion Rings (3/4 cup) Tropical Fruit Cup (1/2 cup)
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Turkey Grilled Cheese (1 ea) Bag of Chips (1 ea) Carrots & Ranch (3/4 cup) Mandarin Oranges (1/2 cup)				



Breakfast - October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Omelet w/ Cheese (1 each) Toast (1 each) Applesauce (1 each)	French Toast Sticks (2 each) Turkey Sausage (1 each) Strawberries (1/2 cup)	Biscuit (1 ounce) Chicken Patty (1 each) Apple Slices (1/2 cup)	Pancake (1 each) Turkey Bacon (2 each) Peaches (1/2 cup) Apple Juice (1 each)	Oatmeal (2 ounces) Turkey Bacon (2 each) Orange Juice (1 each)



Morning Snacks - October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Pretzels (1 oz)	Tropical Fruit Cup (1/2 cup)	Cheez Its (1 oz)	Apple (1 ea)	Sun Chips (1 ea)



Snacks - October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Goldfish Crackers (1.4 ounces) Apple Juice (4 oz for JK-K, and 6 oz for 1st-6th)	Chocolatechip Muffins (1 ea) Water (8 oz)	Whole Grain Chocolate Chip Cookies (1.22 oz) Milk (8 oz)	Whole Grain Rice Krispy Treat (1 ea) Water (8 oz)	Whole Grain Pop-Tart (1 oz) Fruit Punch (4 oz for JK-K, and 6 oz for 1st-6th)