



October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Daily options include: Breakfast: Sausage biscuit, cereal, milk, juice and fruit Lunch: Salad bar, fruit, and milk	2 Donuts ----- Hot dogs Chili & Cheese Tator Tots Fruit	3 Parfaits ----- Grilled Cheese Tomato Soup	4 Breakfast Pizza ----- Chicken Nuggets Potatoes & Gravy Hot Roll	5 Breakfast Burrito ----- Build Your Own Sack Lunch	6 Biscuits & Gravy ----- Pizza Carrots Apple Slices	7
8	9 No School PD	10 Muffin & Yogurt ----- Fair Day Corn Dogs Caramel Apples Corn on the Cob	11 Pancake & Sausage ----- Chicken Fried Steak Mashed Potatoes Gravy Hot Roll	12 Ciniminis ----- Mac & Cheese Smokies Peas	13 Biscuits & Gravy ----- Cheeseburger Whole grain chips Fresh Vegetables	14
15	16 ----- Virtual Day	17 ----- Virtual Day	18 ----- Fall Break	19 ----- Fall Break	20 ----- Fall Break	21
22	23 Oatmeal Cinnamon toast ----- Chicken Fajitas Refried Beans Rice	24 Ham, Egg and Cheese English muffin ----- Frito chili pie corn	25 Breakfast pizza ----- Breakfast for Lunch	26 Omelet and Toast ----- Chicken sandwich French fries	27 Biscuits and Gravy ----- Pizza broccoli	28
29	30 Poptart and yogurt ----- Sloppy Joes Potato Wedges	31 Pancake on a stick ----- Witches brew (taco soup) Cheese stick	1 Honey Bun ----- Pork chop patty Mashed potatoes Gravy Hot Roll	2 bagelbites ----- Crispito Cheese Sauce Green Beans	3 Biscuits & Gravy ----- Cheeseburger Whole Grain Chips Fresh vegetables	4 This Institution is an equal opportunity provider.