October 2023

LUNCH

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Baked Chicken Leg Red Beans & Brown Rice Easy Peel Orange 8 oz. Variety Milk	3 Swedish Meatballs-Gravy Brown Rice Corn Easy Peel Orange 8 oz. Variety Milk	4 Hamburger WG Hamburger Bun Green Beans Banana 8 oz. Variety Milk	5 Beefaroni- Tomato Sauce WG Elbow Salad (Romaine, Spinach, Iceberg, Shredded Carrots, Tomatoes) Banana 8 oz. Variety Milk	6 Turkey Hot Dogs WG Bun Bake Beans 100% Fruit Juice 8 oz. Variety Milk	7	8
9 BBQ-Baked Chicken Leg Sweet Peas Brown Rice Mixed Berries 8 oz. Vari	10 Hamburger WG Hamburger Bun Green Beans Banana 8 oz. Variety Milk	11 Turkey Hot Dogs WG Bun Bake Beans 100% Fruit Juice 8 oz. Variety Milk	12 BBQ-Baked Chicken Leg Sweet Peas Brown Rice Mixed Berries 8 oz. Variety Milk	13 Pizza Corn Fresh Fruit 8 oz. Variety Milk	14	15
16 Mashed Potatoes Sliced Turkey Breast Corn Fresh Fruit 8 oz. Variety Milk	17 WG Tortilla Ground Turkey Salad (Romaine, Spinach, Iceberg, Shredded Carrots, Tomatoes) Fresh Fruit 8 oz. Variety Milk	18 Chicken Nuggets Tater Tots Mixed Vegetables Fresh Fruit 8 oz. Variety Milk	19 Hamburger WG Hamburger Bun Green Beans Fresh Fruit 8 oz. Variety Milk	20 WG Tortilla Ground Turkey Tomato Salsa Fresh Fruit 8 oz. Variety Milk	21	22
23 Whole Grain Spaghetti Meat Sauce- Ground Turkey Sweet Peas & Carrots Banana 8 oz. Variety Milk	24 NO SCHOOL	25 Chicken Alfredo (WG-Rotini) Salad (Romaine, Spinach, Iceberg, Shredded Carrots, Tomatoes) Apple 8 oz. Variety Milk	26 Chicken Patty's WG Bun Bake Beans 100% Fruit Juice 8 oz. Variety Milk	27 Whole Grain Spaghetti Meat Sauce- Ground Turkey Sweet Peas & Carrots Banana 8 oz. Variety Milk	28	29
30	31					