



# October 2022 Menu

AM Snack	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PM Snack
<b>Mon-</b> Bagels w/ Cream Cheese & Milk <b>Tues-</b> Breakfast Pizza & Milk <b>Wed-</b> Waffles with Syrup, Milk <b>Thurs-</b> Turkey Sausage, Hash Brown, Milk <b>Fri-</b> Cereal, Fruit & Milk	<b>3</b> Spaghetti w/Meat Sauce Green Beans Pineapples, Milk <i>*Spaghetti w/ Sauce</i>	<b>4</b> Chicken Quesidillas Spanish Rice Mandarin Oranges <i>*Cheese Quesadilla</i>	<b>5</b> Chicken Alfredo Mixed Vegetables Peaches Milk <i>*Veggie Burgers</i>	<b>6</b> Turkey & Cheese Wrap Cucumbers Strawberries Milk <i>*Veggie Burger</i>	<b>7</b> Cheese Ravioli Green Beans Pears Milk	<b>Mon-</b> Graham Crackers <b>Tues-</b> Animal Crackers <b>Wed-</b> Cheez-itz <b>Thurs-</b> Teddy Grahams <b>Fri-</b> Blueberry Bars
<b>Mon-</b> Bagels w/ Cream Cheese & Milk <b>Tues-</b> French Toast, Milk <b>Wed-</b> Biscuit's w/Jelly, Hash Brown, Milk <b>Thurs-</b> Cereal, Fruit & Milk <b>Fri-</b> Danish, Milk	<b>10</b> Spaghetti w/Meat Sauce Green Beans Pineapples, Milk <i>*Spaghetti w/ Sauce</i>	<b>11</b> Chicken & Cheese Quesadilla Corn Mandarin Oranges Milk <i>*Cheese Quesadilla</i>	<b>12</b> Chicken Sandwich Tater Tots Tropical Fruit Milk <i>*Veggie Burger</i>	<b>13</b> Cheese Pizza Cucumber's w/ Ranch Pears Milk	<b>14</b> Steak Fingers Mashed Potatoes Green Beans Peaches, Milk <i>*Veggie Meatballs</i>	<b>Mon-</b> Animal Crackers <b>Tues-</b> String Cheese & Crackers <b>Wed-</b> Pretzels <b>Thurs-</b> Blueberry Bar <b>Fri-</b> Chef's Choice
<b>Mon-</b> Blueberry Muffins, Milk <b>Tues-</b> Bagel's w/ Cream Cheese, Milk <b>Wed-</b> French Toast Sticks w/ Syrup, Milk <b>Thurs-</b> Cereal & Milk <b>Fri-</b> Sausage Biscuit	<b>17</b> BBQ Chicken Ranch Style Beans Pineapples Milk <i>*Plant based meatballs</i>	<b>18</b> Turkey Soft Taco Corn Mandarin Oranges Milk <i>*Cheese Quesadilla</i>	<b>19</b> Barbeque Sandwich Sliced Pickles Baked Beans Peaches Milk <i>*Veggie Burger</i>	<b>20</b> Meatballs w/Gravy Mashed Potatoes Green Beans Peaches, Milk <i>*Veggie Meatballs</i>	<b>21</b> Cheese Ravioli Green Beans Pears Milk	<b>Mon-</b> Rice Crispies <b>Tues-</b> Cheez-itz <b>Wed-</b> Blueberry Bar <b>Thurs-</b> Teddy Grahams <b>Fri-</b> Strawberry Chex Mix
<b>Mon-</b> Omelet, Milk <b>Tues-</b> Bagel's w/ Cream Cheese, Milk <b>Wed-</b> Waffles with Syrup, Milk <b>Thurs-</b> Turkey Sausage, Hash Brown, Milk <b>Fri-</b> Cereal, Fruit & Milk	<b>24</b> Sweet & Sour Chicken Fried Rice Mandarin Oranges Milk <i>*Plant based meatballs</i>	<b>25</b> Burrito Spanish Rice Mandarin Oranges <i>*Cheese Quesadilla</i>	<b>26</b> Grilled Chicken Sandwich Sweet Potato Fries Peaches, Milk <i>*Veggie Burgers</i>	<b>27</b> Cheese Pizza Cucumber's w/ Ranch Pears Milk	<b>28</b> Steak Fingers Mashed Potatoes Green Beans Peaches, Milk <i>*Veggie Meatballs</i>	<b>Mon-</b> Graham Crackers <b>Tues-</b> Animal Crackers <b>Wed-</b> Cheez-itz <b>Thurs-</b> Teddy Grahams <b>Fri-</b> Goldfish
<b>Mon-</b> Danish & Milk <b>Tues-</b> Bagel's w/ Cream Cheese, Milk <b>Wed-</b> Waffles with Syrup, Milk <b>Thurs-</b> Turkey Sausage, Hash Brown, Milk <b>Fri-</b> Cereal, Fruit & Milk	<b>31</b> Spaghetti w/Meat Sauce Green Beans Pineapples, Milk <i>*Spaghetti w/ Sauce</i>	<b>Nov 1</b> Chicken Quesidillas Spanish Rice Mandarin Oranges <i>*Cheese Quesadilla</i>	<b>Nov 2</b> Chicken Alfredo Mixed Vegetables Peaches Milk <i>*Veggie Burgers</i>	<b>Nov 3</b> Turkey & Cheese Wrap Cucumbers Strawberries Milk <i>*Veggie Burger</i>	<b>Nov 4</b> Cheese Ravioli Green Beans Pears Milk	<b>Mon-</b> Graham Crackers <b>Tues-</b> Animal Crackers <b>Wed-</b> Cheez-itz <b>Thurs-</b> Teddy Grahams <b>Fri-</b> Blueberry Bars

**\*Fresh Fruit Served Daily with all Snacks**



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