



October 2023 Menu

AM Snack	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	PM Snack
Mon- Bagels w/ Cream Cheese & Milk Tues- French Toast, Milk Wed- Biscuit's w/ Jelly, Hash Brown, Milk Thurs- Cereal, Fruit & Milk Fri- Danish, Milk	2 Spaghetti w/Meat Sauce Green Beans Pineapples, Milk <i>*Spaghetti w/ Sauce</i>	3 Chicken & Cheese Quesadilla Corn Mandarin Oranges Milk <i>*Cheese Quesadilla</i>	4 Chicken Sandwich Tater Tots Tropical Fruit Milk <i>*Veggie Burgers</i>	5 Cheese Pizza Cucumber's w/ Ranch Pears Milk	6 Fish Sticks Macaroni & Cheese Green Beans Peaches, Milk <i>*Mac & Cheese</i>	Mon- Animal Crackers Tues- String Cheese & Crackers Wed- Pretzels Thurs- Blueberry Bar Fri- Chef's Choice
Mon- School Closed Tues- Bagel's w/ Cream Cheese, Milk Wed- French Toast Sticks w/ Syrup, Milk Thurs- Cereal & Milk Fri- Sausage Biscuit	9 School Closed Teacher In-Service	10 Tomato Soup Cheesy Naan Bread Mandarin Oranges Milk	11 Barbeque Sandwich Sliced Pickles Baked Beans Peaches Milk <i>*Veggie Burgers</i>	12 Meatballs w/Gravy Mashed Potatoes Green Beans Peaches, Milk <i>*Veggie Meatballs</i>	13 Cheese Ravioli Green Beans Pears Milk	Mon- School Closed Tues- Cheez-itz Wed- Blueberry Bar Thurs- Teddy Grahams Fri- Strawberry Chex Mix
Mon- Omelet, Milk Tues- Bagel's w/ Cream Cheese, Milk Wed- Danish & Milk Thurs- Turkey Sausage, Hash Brown, Milk Fri- Cereal, Fruit & Milk	16 Dino Nuggets Mixed Veggies Mandarin Oranges Milk <i>*Veggie Nuggets</i>	17 Chicken & Cheese Crispitos Spanish Rice Mandarin Oranges <i>*Cheese Quesadilla</i>	18 Hamburger Sweet Potato Fries Peaches, Milk <i>*Veggie Burgers</i>	19 Cheese Pizza Cucumber's w/ Ranch Pears Milk	20 Grilled Chicken Sandwich Tater Tots Peaches, Milk <i>*Veggie Burgers</i>	Mon- Pretzels Tues- Cheese Stick & Crackers Wed- Blueberry Bar Thurs- Chef's Choice Fri- Goldfish
Mon- Blueberry Muffins, Milk Tues- Bagel's w/ Cream Cheese, Milk Wed- Waffles with Syrup, Milk Thurs- Turkey Sausage, Biscuit, Milk Fri- Cereal, Fruit & Milk	23 Sweet & Sour Chicken Fried Rice Mandarin Oranges Milk <i>*Plant based meatballs</i>	24 Burrito Spanish Rice Mandarin Oranges <i>*Cheese Quesadilla</i>	25 Chicken Alfredo Mixed Vegetables Peaches Milk <i>*Veggie Burgers</i>	26 Turkey & Cheese Wrap Cucumbers Strawberries Milk <i>*Veggie Burger</i>	27 Cheese Ravioli Green Beans Pears Milk	Mon- Graham Crackers Tues- Animal Crackers Wed- Cheez-itz Thurs- Teddy Grahams Fri- Goldfish
Mon- Bagels w/ Cream Cheese & Milk Tues- French Toast, Milk Wed- Biscuit's w/ Jelly, Hash Brown, Milk Thurs- Cereal, Fruit & Milk Fri- Danish, Milk	30 Spaghetti w/Meat Sauce Green Beans Pineapples, Milk <i>*Spaghetti w/ Sauce</i>	31 Chicken & Cheese Quesadilla Corn Mandarin Oranges Milk <i>*Cheese Quesadilla</i>	Nov 1 Chicken Sandwich Tater Tots Tropical Fruit Milk <i>*Veggie Burgers</i>	Nov 2 Cheese Pizza Cucumber's w/ Ranch Pears Milk	Nov 3 Fish Sticks Macaroni & Cheese Green Beans Peaches, Milk <i>*Mac & Cheese</i>	Mon- Animal Crackers Tues- String Cheese & Crackers Wed- Pretzels Thurs- Blueberry Bar Fri- Chef's Choice

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



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