



This institution is an equal opportunity provider.

OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Breakfast Waffles w/ Syrup Pineapples Lunch Pork Rib on a Bun Potato Wedges Broccoli w/ Cheese Apple Slices 2nd Choice Turkey & Cheese Sub	Breakfast Pancakes w/ Syrup Sausage Links Sliced Peaches Lunch Chicken Crispito Spanish Rice Corn Fruit Cocktail Chocolate Chip Cookie (9-12) 2nd Choice Ham & Cheese Sub	Breakfast Whole Wheat Bagel w/ Toppings Strawberries Lunch Cheeseurger on a Bun Garden Salad Green Beans Mandarin Oranges 2nd Choice Italian Sub	Breakfast Breakfast Wrap w/ Salsa Sliced Pears Lunch Taco Fiesta Tortilla Chips Lettuce & Tomato Refried Beans Peaches Cinnamon Roll (6-12) 2nd Choice Turkey & Cheese Sub	Breakfast Whole Grain Cinnamon Roll Mandarin Oranges Lunch Beef & Gravy Hot Dish Mashed Potatoes Fresh Baby Carrots Grapes Dinner Roll w/Butter (6-12) 2nd Choice Ham & Cheese Sub
10	11	12	13	14
Breakfast French Toast w/ Syrup Apples Lunch Meatball Sub Ranch Potato Wedges Tossed Salad Peaches 2nd Choice Turkey & Cheese Sub	Breakfast Biscuit & Gravy Pineapples Lunch Chicken Nuggets Roll w/ Butter (6-12) Baked Beans Fresh Baby Carrots Creamy Cole Slaw Pears 2nd Choice Ham & Cheese Sub	Breakfast Long John Tropical Fruit Lunch White Chicken Chili Sliced Bread w/ Butter Cherry Tomatoes Cucumber Slices Blueberries 2nd Choice Italian Sub	Breakfast Omelet Salsa Fresh Grapes Lunch Chicken Sandwich Fries Steamed Broccoli Mandarin Oranges 2nd Choice Turkey & Cheese Sub	Breakfast French Toast Sticks w/Syrup Fruit Cocktail Lunch Cheese Pizza Peas Fresh Baby Carrots Strawberries 2nd Choice Ham & Cheese Sub
17	18	19	20	21
NO SCHOOL	Breakfast Whole Grain Cinnamon Roll Banana Lunch Soft Shell Taco Tortilla Chips w/ Salsa Lettuce and Tomatoes Refried Beans Fresh Strawberries 2nd Choice Ham & Cheese Sub	Breakfast Breakfast Pizza Peaches Lunch Corn Dog Green Beans Tater Tots Fruit Cocktail Sugar Cookie 2nd Choice Italian Sub	Breakfast Egg Taco w/ Salsa Graham Cracker Grapes Lunch Goulash Broccoli Fresh Baby Carrots Roll w/ Butter Pineapples 2nd Choice Turkey & Cheese Sub	Breakfast Muffin Applesauce Lunch Chicken Crispito Tortilla Chips (9-12) Salsa Corn Garden Salad Orange 2nd Choice Ham & Cheese Sub
24	25	26	27	28
Breakfast Cake Donut Sausage Patty Pears Lunch Hamburger on a Bun Lettuce & Tomato French Fries Peaches 2nd Choice Turkey & Cheese Sub	Breakfast Pancake & Gravy Fresh Oranges Lunch Chili Tortilla Chips (9-12) Red Pepper Strips Sliced Cucumbers Strawberries & Bananas Dinner Roll w/ Butter 2nd Choice Ham & Cheese Sub	Breakfast Pancake w/ Syrup Apple Lunch Chicken Nuggets Mashed Potatoes w/ Gravy Tossed Salad Sliced Pears Cinnamon Roll 2nd Choice Italian Sub	Breakfast Chicken Biscuit Breakfast Sandwich Fruit Cocktail Lunch Chicken Sandwich Green Beans Sweet Potatoes Fries Fresh Grapes Apple Crisp (9-12) 2nd Choice Turkey & Cheese Sub	Breakfast Pancake on a Stick w/ Syrup Fresh Strawberries Lunch Macaroni & Cheese Meatballs Breadstick (6-12) Baby Carrots Apple Salad 2nd Choice Ham & Cheese Sub
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Breakfast Waffles w/ Syrup Pineapples Lunch Hot Dog on a Bun Potato Wedges Broccoli w/ Cheese Apple Slices 2nd Choice Turkey & Cheese Sub			BREAKFAST IS SERVED EVERYDAY! JOIN US TO START YOUR DAY OFF RIGHT!!! ALL STUDENTS MUST TAKE A SERVING OF FRUIT OR JUICE FOR BREAKFAST AND A FRUIT OR VEGETABLE FOR LUNCH SKIM, CHOCOLATE SKIM & 1% MILK AVAILABLE AT ALL MEALS 100% FRUIT JUICE AVAILABLE AT BREAKFAST MEALS	Lunch Prices TK/K-4th \$2.95 5th-12th \$3.25 Adult \$4.15 Breakfast Prices TK/K-12 \$2.45 Adult \$2.90 MENU SUBJECT TO CHANGE