

BREAKFAST

LUNCH

October 2022

Middle



Monday

Tuesday

Wednesday

Thursday

Friday



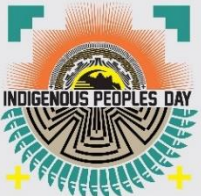
October is...
National APPLE Month
and
National PIZZA Month



We'll be celebrating
National School Lunch Week
October 11th-14th



No School



10

Yogurt with Educational Crackers 11
.....
Fajita Chicken Street Tacos
Bean and Corn Salad

Hummingbird Muffin String Cheese 12
.....
Chicken Corn Dog
Veggie Pasta Salad

Whole Grain Cereal Graham Crackers 13
.....
Chicken Patty Sandwich
Honey Roasted Carrots and Potatoes

Oatmeal Breakfast Bar 14
.....
Veggie Pizza or Cheese Pizza
Buffalo Chipotle Cauliflower

Mini Waffles 17
.....
Cheese Quesadilla

Whole Grain Cereal Graham Crackers 18
.....
Pasta and Meat Sauce

Blueberry Muffin String Cheese 19
.....
Popcorn Chicken Dinner Roll
Pozole Soup

Turkey Sausage Pancake Wrap 20
.....
Pull Apart Cheese Breadsticks
Marinara Sauce/Bean Salad

Bagel with Cream Cheese 21
.....
Fish Nuggets
Oven Fries

Mini Cinnis 24
.....
Chicken Tamale
Pinto Beans

Yogurt with Educational Crackers 25
.....
Breakfast for Lunch
Hash Browns

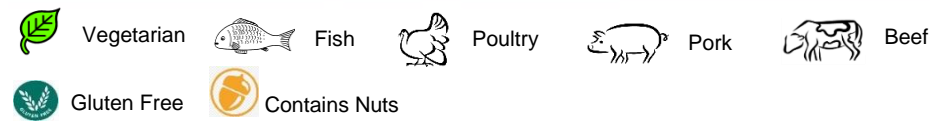
Zucchini Bread Muffin 26
.....
Beef Hot Dog
Chicken Chili White Bean Soup

Whole Grain Cereal Graham Crackers 27
.....
Macaroni and Cheese

Oatmeal Breakfast Bar 28
.....
Homemade Cheese Pizza

Mini Waffles 31
.....
Orange Chicken and Rice

<p>Daily Breakfast</p> <p>Breakfast Special Seasonal Whole Fresh Fruit 100% Fruit Juice 1% or Skim Milk</p>	<p>Daily Lunch</p> <p>Lunch Special Peanut Butter & Jelly Sandwich Rotating 3rd Lunch Entrée Seasonal Whole Fresh Fruit Garden Salad Bar 1% or Skim Milk</p>	<p>Rotating 3rd Entrée</p> <p>Monday/Thursday Turkey Ham and Cheese Sub</p> <p>Tuesday/Friday Chicken Ranch Wrap</p> <p>Wednesday Large Garden Salad with Turkey</p>
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Please bear with us as we deal with supply chain issues.
Menu items may change due to availability.
This institution is an equal opportunity provider
Questions? Call the Child Nutrition Office at 602-707-2021