

# October 2023

SUN	MON	TUE	WED	THU	FRI	SAT
1 K-8 BREAKFAST	2 Bagel w/jelly Cinn. Toast Crunch Cocoa Puffs Graham Crackers Apple/Juice Milk	3 Apple Oatmeal Bar Cinn. Toast Crunch Cocoa Puffs Graham Crackers Banana/Juice Milk	4 Mini Cinnis Cinn. Toast Crunch Cocoa Puffs Graham Crackers Pears/Juice Milk	5 Breakfast Bar Cinn. Toast Crunch Cocoa Puffs Graham Crackers Pineapple/Juice Milk	6 Banana Muffin Cinn. Toast Crunch Cocoa Puffs Graham Crackers Orange/Juice Milk	7
8	9 NO SCHOOL	10 Strawberry Oatmeal Bar w/String Cheese Cinn. Toast Crunch Cocoa Puffs Graham Crackers Applesauce/Juice Milk	11 Strawberry Yogurt Parfait Cinn. Toast Crunch Cocoa Puffs Graham Crackers Mandrin Oranges/Juice Milk	12 Apple Strudel Cinn. Toast Crunch Cocoa Puffs Graham Crackers Pears/Juice Milk	13 Donut Cinn. Toast Crunch Cocoa Puffs Graham Crackers Banana/Juice Milk	
15	16 Cocoa Puff Cereal Bar Cinn. Toast Crunch Cocoa Puffs Graham Crackers Orange/Juice Milk	17 Strawberry Cream Cheese Bagel Cinn. Toast Crunch Cocoa Puffs Graham Crackers Apple/Juice Milk	18 Cherry Strudel Cinn. Toast Crunch Cocoa Puffs Graham Crackers Pineapple/Juice Milk	19 Mini Cinnis Cinn. Toast Crunch Cocoa Puffs Graham Crackers Mandrin Oranges/Juice Milk	20 Chocolate Muffin Cinn. Toast Crunch Cocoa Puffs Graham Crackers Banana/Juice Milk	
22	23 Apple Cinnamon Bar Cinn. Toast Crunch Cocoa Puffs Graham Crackers Orange/Juice Milk	24 Apple Oatmeal Bar w/String Cheese Cinn. Toast Crunch Cocoa Puffs Graham Crackers Raisins/Juice Milk	25 NO SCHOOL	26 Strawberry Grain Bar Cinn. Toast Crunch Cocoa Puffs Graham Crackers Banana/Juice Milk	27 Blueberry Yogurt Parfait Cinn. Toast Crunch Cocoa Puffs Graham Crackers Pears/Juice Milk	
29	30 Donut Cinn. Toast Crunch Cocoa Puffs Graham Crackers Applesauce/Juice Milk	31 Blueberry Muffin Cinn. Toast Crunch Cocoa Puffs Graham Crackers Orange/Juice Milk				

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SUN	MON	TUE	WED	THU	FRI	SAT
1 K-6 LUNCH	Chicken Fajitas <sup>2</sup> Chicken Corn Dog Seasoned Black Beans Lettuce Blend Orange Pineapple Tidbits Milk	Cheese Ravioli <sup>3</sup> w/Marinara & Bread Spicy Chicken Sandwich Baby Carrots Cucumbers Apple/Grapes Milk	Orange Chicken <sup>4</sup> Bowl w/Fortune Cookie Cheese Pizza Green Peppers Fresh Broccoli Banana Mandarin Oranges Milk	Confetti Pancakes <sup>5</sup> w/Sausage Patty Yogurt Cup Cheesy Meatball Sub Baked Beans Apple Craisins Milk	Chicken Nuggets <sup>6</sup> Macaroni & Cheese Dinner Roll Curly Fries Carrots Celery Sticks Banana/Peaches Milk	
8	NO SCHOOL <sup>9</sup>	Chicken Patty <sup>10</sup> Sandwich Chicken Caesar Salad w/Roll Steamed Peas Baby Carrots Broccoli Applesauce/Orange Milk	Cheesy Beef <sup>11</sup> Nachos Turkey & Cheese Sandwich Refried Beans Baby Carrots Pineapple/Pears Milk	Penne Pasta <sup>12</sup> w/Meat Sauce Chicken Tenders Italian Vegetables Lettuce Blend Grapes Banana Milk	Cheese Pizza <sup>13</sup> Sun butter & Jelly Sandwich Baby Carrots Steamed Green Beans Mandarin Oranges Apple Milk	
15	Cheeseburger on <sup>16</sup> Bun Crispy Chicken Garden Salad Roasted Yellow Squash Baby Carrots Raisins/Cinnamon Applesauce Milk	BBQ Chicken <sup>17</sup> Sandwich Blueberry Waffle w/Sausage Patty Yogurt Cup Cucumbers Vegetarian Baked Beans Pineapple Tidbits Orange Milk	Cheese Lasagna <sup>18</sup> Roll Up Hamburger on Bun Lettuce Blend Roasted Zucchini Peaches Banana Milk	Boneless Chicken <sup>19</sup> Wings & Biscuit Breaded Fish Sandwich Curly Fries Coleslaw Apple Mandarin Oranges Milk	Hot Dog on Bun <sup>20</sup> Pepperoni Pizza Baked Beans Lettuce Blend Orange Wedges Applesauce Milk	
22	French Toast Sticks <sup>23</sup> Sausage Patty Spicy Chicken Sandwich Maple Roasted Carrots Cucumbers Peaches/Applesauce Milk	Sloppy Joe on Bun <sup>24</sup> Turkey Ranch Wrap Steamed Green Beans Lettuce Blend Orange Pears Milk	NO SCHOOL <sup>25</sup>	Chicken Tacos <sup>26</sup> Cheese Quesadilla w/Salsa Shredded Lettuce Seasoned Black Beans Mandarin Oranges Pineapple Chunks Milk	Sausage Pizza <sup>27</sup> Turkey Ham & Cheese Sandwich Green Peppers Baby Carrots Steamed Corn Banana/Raisins Milk	