



# OCTOBER 2023

## HOME OF THE TORNADES

PRE-K THRU MIDDLE SCHOOL  
ALL STUDENT  
MEALS ARE FREE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Popcorn Chicken Waffle Fries Peas/carrots Peaches, Dinner Roll	<b>3</b> Ham or Turkey on Croissant Broccoli Salad Mixed Fruit Bag of Baked Chips	<b>4</b> Taco in a bag (Meat, cheese, chips) Red Beans Rice Corn, Clementine Salas, Sour Cream, Lettuce	<b>5</b> Hamburger/bun Frito Corn Chips Baked Beans, Pineapple <b><u>2<sup>nd</sup> choice: Hot dog/bun</u></b>	<b>6</b> Homecoming Early Out  Sack Lunch
<b>9</b> NO SCHOOL	<b>10</b> Chicken Patty/bun Tater Tots Green Beans, Pears <b><u>2<sup>nd</sup> choice: Spicy Chicken</u></b>	<b>11</b> Sweet Sour Chicken Veg, Fried Rice Mandarin Oranges Fortune Cookie	<b>12</b> Spaghetti Bosco Stick Broccoli/Cauliflower Blend Fruit	<b>13</b> Mini Pizza Bagel Salad w/tomatoes & cucumber Baked Chips, Fruit Ice Cream Cup
<b>16</b> French Toast Sticks SF Syrup, Sausage Hashbrown Patty Tropical Mix Fruit	<b>17</b> Rotini w/ Meatballs Garlic Toast, Green Beans Pineapple Slices	<b>18</b> Early out  Sack Lunch Day	<b>19</b> Chicken Nuggets Mash Potatoes Corn, Peach Applesauce Dinner Roll	<b>20</b> Pulled Pork Nacho Supreme (Pork, cheese, chips) Ranchero Pinto Beans Strawberry Craisins Salsa, Sour Cream
<b>23</b> Sub Sandwich Cheddar Sun Chips Carrot Sticks/ranch Apple Slices, Pkg Cookies	<b>24</b> Cheese Quesadilla Corn, Mixed Fruit Snack Cake <b><u>MS ONLY: Doritos</u></b>	<b>25</b> Sloppy Joe/bun Smiley Potatoes Peas/carrots, Pineapple <b><u>2<sup>nd</sup> choice: Grilled Chicken</u></b>	<b>26</b> Corn Dog Mac & Cheese Green Beans, Fruit <b><u>2<sup>nd</sup> choice: Ham/chz Sub</u></b>	<b>27</b> Cheese Pizza Pepper Strips/ranch Side salad Watermelon Slice
<b>30</b> Pizzaboli w/ Marinara Sauce Romaine Salad w/ Grape Tomatoes/dressing Baked Cinnamon Apples	<b>31</b> Bat Wings & Full Moon (chicken & waffles) Sf Goop (Syrup) Creepy Trees/ranch Frightening Fruit Slush Cat Eyes (orange raisels")			

**MIDDLE SCHOOL STUDENTS HAVE A 2<sup>ND</sup> CHOICE ON ENTREES. THEY MAY ONLY CHOOSE ONE ENTRÉE**  
**SECOND CHOICE IS IN BOLD LETTERING AND UNDERLINED**

LUNCHES INCLUDES: ENTRÉE, GRAIN, FRUIT, VEGETABLE AND CHOICE OF 1% WHITE OR SKIM CHOCOLATE MILK