

# October 2023

All meals are served with assorted fruit and choice of milk.

Monday		Tuesday		Wednesday		Thursday		Friday	
2	<b>Choice A</b> Hamburger on Bun <b>Side Picks</b> Baby Carrots <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	3	<b>Choice A</b> Hot Dog on Bun <b>Side Picks</b> Baked Beans <b>Choice B</b> ✓Mozzarella Stuffed Bread Sticks w. Marinara Sauce <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	4	<b>Choice A</b> Beef & Cheese Nachos <b>Side Picks</b> Waffle Fry <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	5	<b>Choice A</b> ✓Grilled Cheese Sandwich <b>Side Picks</b> Baby Carrots <b>Choice B</b> ✓Three Cheese Garden Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich		
9	TEACHER IN-SERVICE DAY <b>NO SCHOOL!</b> 	10	<b>Choice A</b> Chicken Quesadilla Roasted Sweet Corn <b>Side Picks</b> Refried Beans <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	11	<b>Choice A</b> ✓Homemade Mac & Cheese <b>Side Picks</b> Broccoli <b>Choice B</b> ✓Three Cheese Garden Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	12	<b>Choice A</b> Cheeseburger on Bun Tater Tot <b>Side Picks</b> Cucumber & Tomato Salad <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	13	<b>Choice A</b> ✓Cheese Pizza <b>Side Picks</b> Baby Carrots <b>Choice B</b> ✓Three Cheese Garden Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich <b>Choice D</b> Pepperoni Pizza
16	<b>Choice A</b> Chicken Patty Sandwich <b>Side Picks</b> Petite Garden Salad <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	17	<b>Choice A</b> Meatball Sub <b>Side Picks</b> French Fries Grilled Chicken Garden Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	18	<b>Choice A</b> ✓Mozzarella Stuffed Bread Sticks w. Marinara Sauce <b>Side Picks</b> Baby Carrots <b>Choice B</b> ✓Three Cheese Garden Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	19	<b>Choice A</b> Soft Shell Beef Taco <b>Side Picks</b> Roasted Sweet Corn Black Beans & Rice <b>Choice B</b> ✓Three Cheese Garden Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	20	<b>Choice A</b> ✓Cheese Pizza <b>Side Picks</b> Caesar Salad <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich <b>Choice D</b> Pepperoni Pizza
23	<b>Choice A</b> Hot Dog on Bun <b>Choice B</b> <b>Side Picks</b> New England Baked Beans Sweet Tater Tot <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	24	<b>Choice A</b> Roasted Chicken Burrito Bowl <b>Side Picks</b> Cumin Roasted Corn <b>Choice B</b> Chicken Caesar Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	25	<b>Choice A</b> Pasta w. Meat Sauce Garlic Bread <b>Side Picks</b> Broccoli <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich ✓Fruit & Yogurt Parfait	26	<b>Choice A</b> ✓Waffles Pancake Syrup Breakfast Sausage <b>Side Picks</b> Hashbrown <b>Choice B</b> ✓Three Cheese Garden Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	27	<b>Choice A</b> ✓Cheese Pizza <b>Side Picks</b> Baby Carrots <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich <b>Choice D</b> Pepperoni Pizza
30	<b>Choice A</b> Hamburger on Bun <b>Side Picks</b> Baby Carrots <b>Choice B</b> ✓Fruit & Yogurt Parfait <b>Choice C</b> ✓Sunbutter and Jelly Sandwich	31	<b>Choice A</b> Chicken Nuggets & Dinner Roll Tater Tot <b>Side Picks</b> Sweet Corn <b>Choice B</b> ✓Three Cheese Garden Salad w. Roll & Croutons <b>Choice C</b> ✓Sunbutter and Jelly Sandwich			<p>This Institution is an Equal Opportunity Provider.</p>			

