School: Unity West
Meal: All
Month: October 2023

| October |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| M | Tu | W | Th | F |
| 2 <br> Breakfast: <br> Cereal or Pancake on a stick fruit <br> milk <br> juice <br> Lunch: <br> Taco Meat <br> Lettuce <br> Cheese <br> Applesauce <br> Fritos <br> Milk | 3 <br> Breakfast: <br> Cereal or Sausage/egg/cheese biscuit fruit milk juice <br> Lunch: <br> Chicken Strips <br> Mashed Potatoes <br> Peaches <br> Milk | 4 <br> Breakfast: <br> Cereal or <br> Waffles <br> Fruit <br> Milk <br> Juice <br> Lunch: <br> Ham/Cheese Sandwich <br> Carrots <br> Apple Slices <br> Chips <br> Milk | 5 <br> Breakfast: <br> Cereal or <br> Breakfast Pizza <br> Fruit <br> Milk <br> Juice <br> Lunch: <br> Pasta/Meat Sauce <br> Corn <br> Fruit Cocktail <br> Milk | 6 |
| 9 | 10 <br> Breakfast: <br> Cereal or Cheese Omelet Fruit <br> Milk <br> Juice <br> Lunch: <br> Cheeseburger Baked Beans <br> Pears <br> Milk | 11 <br> Breakfast: <br> Cereal or French Toast Fruit Milk Juice <br> Lunch: <br> BBQ Pork/Bun Potato Salad Applesauce Milk | 12 <br> Breakfast: <br> Cereal or <br> Biscuits/Gravy <br> Fruit <br> Milk <br> Juice <br> Lunch: <br> Chicken Nuggets <br> Green Beans <br> Fruit Cocktail <br> Milk | 13 <br> Breakfast: <br> Cereal or Glazed Donut Fruit Milk <br> Juice <br> Lunch: <br> Pizza <br> Salad <br> Oranges <br> Milk |
| 16 <br> Breakfast: <br> Cereal or Pancake on a stick fruit milk juice <br> Lunch: <br> Grilled Chicken/Bun Baked Beans Pears Milk | 17 <br> Breakfast: <br> Cereal or Sausage/egg/cheese biscuit fruit milk juice <br> Lunch: <br> Mini Corn Dogs <br> Tater Tots <br> Fruit <br> Milk | 18 <br> Breakfast: <br> Cereal or Waffles Fruit Milk Juice <br> Lunch: <br> Chicken Alfredo Cooked Broccoli Applesauce Milk | 19 <br> Breakfast: <br> Cereal or Breakfast Pizza <br> Fruit <br> Milk <br> Juice <br> Lunch: <br> Breakfast Only <br> Early Dismissal 11:15 | 20 |
| 23 <br> Breakfast: <br> Cereal or Bagel/cream cheese <br> Fruit <br> milk <br> juice <br> Lunch: <br> Chicken Patty Sandwich <br> Green Beans <br> Pineapple <br> Milk | 24 <br> Breakfast: <br> Cereal or Cheese Omelet <br> Fruit <br> Milk <br> Juice <br> Lunch: <br> Corn Dog <br> Cooked Broccoli <br> Fruit Cocktail <br> Milk | 25 <br> Breakfast: <br> Cereal or French Toast Fruit Milk Juice <br> Lunch: <br> Turkey/Cheese Baby Carrots Apple Slices Chips Milk | 26 <br> Breakfast: <br> Cereal or <br> Biscuits/Gravy <br> Fruit <br> Milk <br> Juice <br> Lunch: <br> Cheeseburger <br> Baked Beans <br> Pears <br> Milk | 27 <br> Breakfast: <br> Cereal or Glazed Donut <br> Fruit <br> Milk <br> Juice <br> Lunch: <br> Pizza <br> Salad <br> Oranges <br> Milk |
| 30 <br> Breakfast: <br> Cereal or Pancake on a stick fruit milk | 31 <br> Breakfast: <br> Cereal or Sausage/egg/cheese biscuit fruit milk | 1 | 2 | 3 |


| juice | juice |
| :---: | :---: |
| Lunch: | Lunch: |
| Rib Patty/Bun | Bosco Sticks |
| Broccoli | Marinara |
| Applesauce | Carrots |
| Chips | Fruit Cocktail |
| Milk | Milk |

