



# OCTOBER 2023

# breakfast

| SUNDAY | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--------|--|---|---|---|---|---|
| 1      | 2<br>Chocolate Donuts<br>Cereal Bar<br>Yogurt<br>Fresh Orange<br>Milk/Juice    | 3<br>Breakfast Pizza<br>Pop Tart<br>Yogurt<br>Fresh Apple<br>Milk/Juice                       | 4<br>Oatmeal & Toast<br>Breakfast Bread<br>Yogurt<br>Applesauce<br>Milk/Juice         | 5<br>Bacon Biscuit<br>Dunkin Stik<br>Yogurt<br>Chilled Pears<br>Milk/Juice        | 6<br>Pancakes<br>Pop Tart<br>Yogurt<br>Chilled Peaches<br>Milk/Juice                        | 7   |
| 8      | 9<br><b>FALL</b>   | 10<br><b>BREAK</b>  | 11<br>French Toast Stix<br>Cereal Bar<br>Yogurt<br>Chilled Peach Slices<br>Milk/Juice | 12<br>Dutch Waffle<br>Mini Cinnis<br>Yogurt Parfait<br>Strawberries<br>Milk/Juice | 13<br>Cereal<br>Breakfast Bagel<br>Yogurt / Blueberries w/<br>whipped topping<br>Milk/Juice | 14  |
| 15     | 16<br>Biscuit & Gravy<br>Cereal Bar<br>Yogurt<br>Mandarin Orange<br>Milk/Juice | 17<br>Pancakes<br>Pop Tart<br>Yogurt<br>Chilled Peaches<br>Milk/Juice                         | 18<br>Cinnamon Roll<br>Cereal<br>Yogurt<br>Blueberries<br>Milk/Juice                  | 19<br>Breakfast Bread<br>Muffin<br>Yogurt<br>Strawberries<br>Milk/Juice           | 20<br>Bacon Biscuit<br>Cereal<br>Yogurt<br>Grapes<br>Milk/Juice                             | 21  |
| 22     | 23<br>Chocolate Donuts<br>Cereal Bar<br>Yogurt<br>Fresh Orange<br>Milk/Juice   | 24<br>Sausage Pancake Stik<br>Dunkin Stik<br>Yogurt<br>Orange<br>Milk/Juice                   | 25<br>French Toast Stix<br>Cereal Bar<br>Yogurt<br>Peach Slices<br>Milk/Juice         | 26<br>Cereal<br>Breakfast Bagel<br>Yogurt<br>Blueberries<br>Milk/Juice            | 27<br>Apple Frudel<br>Powdered Donuts<br>Yogurt<br>Pears<br>Milk/Juice                      | 28  |
| 29     | 30<br>Chicken Biscuit<br>Pop Tart<br>Yogurt<br>Grapes<br>Milk/Juice            | 31<br>Sausage Pancake Stik<br>Breakfast Bread<br>Yogurt Parfait<br>Peach Slices<br>Milk/Juice | 1   | 2   | 3   | 4   |
|        |  |   |   |   |   | High Schools will offer a hash brown/tater tots with breakfast daily. |

**This institution is an equal opportunity provider.**



# OCTOBER 2023

## lunch

| SUNDAY | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|--------|--|---|--|--|---|---|
| 1      | 2<br>Chicken Tenders<br>John Wayne Casserole<br>Baked Beans<br>Mixed Vegetables<br>Roll / Orange<br>Milk/Juice | 3<br>Corn Dog Nuggets<br>Chicken Nuggets<br>Sweet Potato Fries<br>Baked Beans / Mac & Cheese<br>Apple<br>Milk/Juice | 4<br>Walking Tacos<br>Beef Taco<br>Refried Beans<br>Chips & Salsa<br>Fruit Crisp<br>Milk/Juice                                       | 5<br>Pizza<br>Steak Fingers<br>Mashed Potatoes<br>Baked Beans<br>Roll / Pears<br>Milk/Juice                            | 6<br>Broccoli Chicken Casserole<br>Cheeseburger<br>Steamed Broccoli<br>Sweet Potato Fries<br>Roll / Sliced Strawberries<br>Milk/Juice | 7 <b>OCTOBER 4<br/>NATIONAL<br/>TACO DAY</b>        |
| 8      | 9<br><b>FALL</b>   | 10<br><b>BREAK</b>  | 11<br>Buffalo Chicken Pizza<br>Chicken Tenders<br>Corn<br>Tater Tots<br>Peaches / Chocolate Chip Cookie<br>Milk/Juice                | 12<br>Hamburger<br>Cheese Pizza<br>Tater Tots<br>Corn / Lemon Square<br>Slice Strawberries<br>Milk/Juice               | 13<br>Chicken Nuggets<br>Spicy Chicken Sandwich<br>Potato Wedges<br>Steamed Broccoli<br>Peaches / Brownie<br>Milk/Juice               | <b>NATIONAL SCHOOL<br/>LUNCH WEEK<br/>OCT. 9-13</b> |
| 15     | 16<br>Boneless Buffalo Wings<br>Country Fried Steak<br>Mixed Vegetables<br>Carrots<br>Roll<br>Milk/Juice       | 17<br>Chicken Tenders<br>Ham & Cheese Hoagie<br>Mashed Potatoes<br>Blackeyed peas<br>Peaches / Cookie<br>Milk/Juice | 18<br>Chicken Nuggets<br>Hamburger Steak<br>Mashed Potatoes<br>Green Beans<br>Fruit Crisp<br>Milk/Juice                              | 19<br>Pizza<br>Corn Dog Nuggets<br>Tossed Salad<br>Corn<br>Sugar Cookie / Strawberries<br>Milk/Juice                   | 20<br>Buffalo Chicken Dip<br>Cheeseburger<br>Broccoli<br>Carrots<br>Applesauce<br>Milk/Juice  | 21  |
| 22     | 23<br>Chicken Noodle Soup<br>Steak Fingers<br>Green Beans<br>Sweet Potato<br>Orange<br>Milk/Juice              | 24<br>Grilled Fajita Salad<br>Beef Taco<br>Refried Beans<br>Chips & Salsa<br>Peaches<br>Milk/Juice                  | 25<br>Crispy Chicken Casserole<br>Vegetable Soup<br>Broccoli / Pinto Beans<br>Garlic toast / Grilled Cheese<br>Peaches<br>Milk/Juice | 26<br>Meat Lovers Pizza<br>Chicken Strip Sandwich<br>Fries / Corn<br>Blueberries<br>Southern Mud Dessert<br>Milk/Juice | 27<br>Hamburger<br>Corn Dog<br>Tater Tots<br>Corn<br>Pear Halves<br>Milk/Juice  | 28  |
| 29     | 30<br>Pizza<br>Chicken Salad Croissant<br>Tater Tots<br>Herbed Broccoli & Cauliflower<br>Grapes<br>Milk/Juice  | 31<br>Chicken Quesadilla<br>Taco Soup<br>Refried Beans<br>Mexicali Corn<br>Applesauce / Sour Raisels<br>Milk/Juice  | 1  | 2  | 3   | 4   |
|        |  |   |  |  |   |   |

**This institution is an equal opportunity provider.**