

# OCTOBER 2022

## CSHS & WAC

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Chili Cheese over chips <b>3</b></p> <p>Chicken Salad</p> <p>Cheesy Broccoli</p> <p>Pinto Beans</p> <p>Fruit</p> <p>Milk</p>	<p>Chicken Nuggets <b>4</b></p> <p>Grilled Chicken Sandwich</p> <p>Lima Beans</p> <p>Fries</p> <p>Fruit</p> <p>Milk</p>	<p>Vegetable Beef Soup <b>5</b></p> <p>Saltine Crackers</p> <p>Hamburger</p> <p>Tossed Salad</p> <p>Steamed Carrots</p> <p>Fruit</p> <p>Milk</p>	<p>Spaghetti &amp; Meat Sauce <b>6</b></p> <p>Garlic Toast</p> <p>Turkey &amp; Cheese Hoagie</p> <p>Green Beans</p> <p>Corn</p> <p>Fruit</p> <p>Milk</p>	<p>Bacon Cheeseburger <b>7</b></p> <p>Hamburger</p> <p>Spicy Fries</p> <p>Pizza</p> <p>Mixed Vegetables</p> <p>Fruit</p> <p>Milk</p>
<p>Chicken Spaghetti <b>10</b></p> <p>Garlic Toast</p> <p>Grilled Chicken Sandwich</p> <p>Glazed Carrots</p> <p>Lima Beans</p> <p>Fruit</p> <p>Milk</p>	<p>Nacho Grande <b>11</b></p> <p>Turkey &amp; Cheese Hoagie</p> <p>Pinto Beans</p> <p>Cream-Style Corn</p> <p>Fruit</p> <p>Milk</p>	<p>Country Fried Steak Sandwich <b>12</b></p> <p>Sloppy Joe</p> <p>Steamed Carrots</p> <p>Green Beans</p> <p>Fruit</p> <p>Milk</p>	<p>BBQ Meatball on Hoagie <b>13</b></p> <p>Mexican Pizza</p> <p>Fries</p> <p>Baked Beans</p> <p>Fruit</p> <p>Milk</p>	<p>Chicken &amp; Sausage Gumbo <b>14</b></p> <p>Roll</p> <p>Hamburger</p> <p>Steamed Broccoli</p> <p>Mixed Vegetables</p> <p>Fruit</p> <p>Milk</p>
<p><b>FALL BREAK</b> <b>17</b></p>	<p><b>FALL BREAK</b> <b>18</b></p>	<p>Hamburger Steak with Gravy <b>19</b></p> <p>Mashed Potatoes</p> <p>Roll</p> <p>Spicy Chicken Sandwich</p> <p>Steamed Carrots</p> <p>Fruit</p> <p>Milk</p>	<p>BBQ Rib Sandwich <b>20</b></p> <p>Spicy Chicken Sandwich</p> <p>Baked Beans</p> <p>Fries</p> <p>Fruit</p> <p>Milk</p>	<p>Bacon Cheeseburger <b>21</b></p> <p>Hamburger</p> <p>Spicy Fries</p> <p>Mixed Vegetables</p> <p>Pizza</p> <p>Fruit</p> <p>Milk</p>
<p>Chicken Fajitas <b>24</b></p> <p>Steamed Rice</p> <p>Roll</p> <p>Mexican Pizza</p> <p>Corn</p> <p>Cheesy Broccoli</p> <p>Fruit</p> <p>Milk</p>	<p>Red Beans &amp; Rice <b>25</b></p> <p>Turkey &amp; Cheese Hoagie</p> <p>Combread</p> <p>Green Beans</p> <p>Fries</p> <p>Fruit</p> <p>Milk</p>	<p>Cheesy Chicken Over Rice <b>26</b></p> <p>Pizza</p> <p>Tossed Salad</p> <p>Lima Beans</p> <p>Roll</p> <p>Milk</p> <p>Fruit</p>	<p>Hot Wings <b>27</b></p> <p>Cheesy Breadsticks</p> <p>With Marinara Sauce</p> <p>Roll</p> <p>Baked Beans</p> <p>Mixed Vegetables</p> <p>Fruit</p> <p>Milk</p>	<p>Chili Dog <b>28</b></p> <p>Fish Melt</p> <p>Fries</p> <p>Steamed Carrots</p> <p>Fruit</p> <p>Milk</p>
<p>Chili Cheese over chips <b>31</b></p> <p>Chicken Salad</p> <p>Cheesy Broccoli</p> <p>Pinto Beans</p> <p>Fruit</p> <p>Milk</p>				