

# October

Monongalia County Schools



2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
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2	BBQ Chicken Corn Bread/Carrots Red Potatoes; Fresh Pear Milk – 8 oz Serving	School Pepperoni Roll Broccoli; Ranch Cup Juice Box; Cinn. Applesauce Milk – 8 oz Serving	Lasagna Roll Breadstick; Cantaloupe Garden Salad w/ Dressing Milk – 8 oz Serving	Country Fried Steak Mashed Pot. w/ gravy; Roll Pinto Beans; Pine. Slice Milk – 8 oz Serving	Fish Sticks Peas ; Cuc. Slices Goldfish; Orange slices Milk – 8 oz Serving	3	4	5	6	7	8
9	Chicken Sandwich Roasted Potatoes Baked Beans; Fruit Cocktail Milk – 8 oz Serving	Sub Sandwich Apple Slices; Fruit Bar Cheddar Popcorn Milk – 8 oz Serving	Chili & Cinn. Roll Baked Potato; Ranch Cup Carrots; Grapes Milk – 8 oz Serving	Ham w/ baked Roll Mashed Pot.; Strawberries Green Beans Milk – 8 oz Serving	14  <b>No School</b>	10	11	12	13	15	
16	Orange Chicken Fried Rice; Stir Fry Mand. Oranges Milk – 8 oz Serving	Breakfast 4 Lunch Egg/Cheese Bagel; Peppers; Hash Brown; Peach cup Milk – 8 oz Serving	Philly Steak Hoagie Broccoli & Carrots; Juice Box; Cookies Milk – 8 oz Serving	School Baked Pizza Kale Salad w/ Dressing Apple Slices w/ dip Milk – 8 oz Serving	Hot Dog Tater Tots; Fresh Apple Celery w/ Ranch Cup Milk – 8 oz Serving	17	18	19	20	21	22
23	Cheese Quesadilla Tortilla Chips & Salsa Strawberry Applesauce Black Beans Milk – 8 oz Serving	Hamburger Cheese; Lettuce; Tomato Crinkle Fries; Fruit Slushie Milk – 8 oz Serving	Popcorn Chicken Cali Blend; Baby Carrots; Pears Milk – 8 oz Serving	Salisbury Steak Mashed Pot. ; Fruit Cup Green Beans; Baked Roll Milk – 8 oz Serving	Rotini Pasta & Sauce Garden Salad w/ Dressing Pineapple Chunks; Milk – 8 oz Serving	24	25	26	27	28	29
30	Mac & Cheese Spin. Salad, Fruit Cocktail Witch's Brew (Sherbet) Milk – 8 oz Serving										



Submit Free/Reduced Applications and PAST DUE meal payments by credit card/debit card at: <https://www.schoolcafe.com> \* All Menu Items are subject to change due to availability.