



October 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p>2</p> <p><i>Pork Enchiladas Casserole</i> <i>Vegetable Enchiladas Casserole</i> <i>Seasoned Black Beans</i> <i>Chili Dusted Green Beans</i></p> <p><i>BBQ Chicken Bowl</i></p>	<p>3</p> <p><i>Sweet n' Sour Chicken</i> <i>Sesame Soy Tofu</i> <i>Lo Mein noodles</i> <i>Chicken Potstickers</i></p> <p><i>BBQ Chicken Bowl</i></p>	<p>4</p> <p><i>Beef Tacos</i> <i>Southwest Beef Tacos</i> <i>Spanish Rice</i> <i>Corn and Vegetable Medley</i></p> <p><i>BBQ Chicken Bowl</i></p>	<p>5</p> <p><i>Chicken Curry</i> <i>Curried Chick Peas and Vegetables</i> <i>Basmati Rice</i> <i>Oven Roasted Naan Flatbread</i></p> <p><i>BBQ Chicken Bowl</i></p>	<p>6</p> <p><i>In Service</i> <i>House Made Fried Chicken</i></p>
<p>9</p> <p><i>No School!</i></p>	<p>10</p> <p><i>Bake Potato Day!</i> <i>Topping Options: Beef and Vegetarian Chili, Steamed Broccoli, Sour Cream, Green Onion, Shredded Cheese, Butter</i></p> <p><i>Italian Pasta Bowl!</i></p>	<p>11</p> <p><i>Chicken Cesar Wrap</i> <i>Vegetable Wrap</i> <i>Oven Roasted Potatoes</i> <i>Steamed Green Beans</i></p> <p><i>Italian Pasta Bowl!</i></p>	<p>12</p> <p><i>Beef Pot Roast</i> <i>Spaghetti Squash With Pesto Mushrooms</i> <i>Mashed Potatoes</i> <i>Asparagus</i></p> <p><i>Italian Pasta Bowl!</i></p>	<p>13</p> <p><i>Pizza Day</i> <i>Pepperoni or Cheese!</i> <i>Bread Sticks</i> <i>Roasted Broccoli</i></p> <p><i>Italian Pasta Bowl!</i></p>
<p>16</p> <p><i>Chicken Cesar Wrap</i> <i>Vegetable Wrap</i> <i>Oven Roasted Potatoes</i> <i>Steamed Green Beans</i></p> <p><i>Nacho Bowl</i></p>	<p>17</p> <p><i>Chicken Fried Chicken</i> <i>Veg Rev Quinoa Stuffed Peppers</i> <i>Mashed Potatoes</i> <i>Green Beans</i></p> <p><i>Nacho Bowl</i></p>	<p>18</p> <p><i>Pulled Pork Sliders</i> <i>BBQ Tofu Sandwich</i> <i>Vegetable Medley</i> <i>Sweet Potato Tots</i></p> <p><i>Nacho Bowl</i></p>	<p>19</p> <p><i>Anyway to name a Hoagie Day!</i> <i>Meatball Sub Day!</i> <i>Eggplant Parmesan!</i> <i>Herb Roasted Potatoes</i> <i>Vegetable Medley</i></p> <p><i>Nacho Bowl</i></p>	<p>20</p> <p><i>Chili Cheese Hot Dog</i> <i>Black Bean Vegetable Burger</i> <i>Tater Tots</i> <i>Broccoli and Cauliflower</i></p> <p><i>Nacho Bowl</i></p>
<p>23</p> <p><i>Chicken Sausage Gumbo</i> <i>Vegetarian Gumbo</i> <i>Dirty Rice</i> <i>Vegetable Medley</i></p>	<p>24</p> <p><i>Sloppy Joes</i> <i>Vegetarian Sloppy Joes</i> <i>Tater Tots</i> <i>Green Beans</i></p>	<p>25</p> <p><i>Chicken Fried Rice</i> <i>Vegetable Fried Rice</i> <i>Pork Egg Rolls</i> <i>Soy Braised Vegetables</i></p>	<p>26</p> <p><i>Beef Stroganoff</i> <i>Vegetarian Stroganoff</i> <i>Buttered Noodles</i> <i>Vegetable Medley</i></p>	<p>27</p> <p><i>Pizza Day</i> <i>Pepperoni or Cheese!</i> <i>Bread Sticks</i> <i>Roasted Broccoli</i></p>

<i>Mediterranean Bowl with Chicken and Greek Rice Pilaf</i>	<i>Mediterranean Bowl with Chicken and Greek Rice Pilaf</i> <i>Sweet Potato Salad!</i>	<i>Mediterranean Bowl with Chicken and Greek Rice Pilaf</i>	<i>Mediterranean Bowl with Chicken and Greek Rice Pilaf</i>	<i>Mediterranean Bowl with Chicken and Greek Herb Potatoes!</i> <i>National Potato Day! Potato Salad!</i>
<i>30</i> <i>Breakfast for Lunch Scrambled Eggs, Hash browns, Sausage, Bacon, Cinnamon Raisin French Toast, Fruit Salad Mushroom- 3 Cheese Quiche</i> <i>Teriyaki Chicken Bowl!</i>	<i>31</i> <i>Happy Halloween!</i> <i>Roasted Chipotle BBQ Bat Wings</i> <i>Rice Stuffed Pepper Jack ‘o lanterns!</i> <i>Steak Fries</i> <i>Vegetable Medley</i> <i>Teriyaki Chicken Bowl!</i>			