

October 2023 Pre-K to 3rd Grades

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Beef Pot Roast Mashed Potatoes/Veggies OR Dino Nuggets	3 Honey-Glazed Pork Rice/Veggies OR Beef Hot Dog	4 Chicken & Waffle Swt Potato Puffs/Mixed Berries OR Corn Dog	5 Beef Soft Taco TXMX Rice/Veggies OR Fried Chicken Sandwich	6 Pork Schnitzel Mash Potato/Veggies OR Hamburger	7
8	9 Chicken Fajita TXMX Rice/Veggies OR Dino Nuggets	10 Sweet & Sour Pork Rice/Veggies OR Beef Hot Dog	11 Chicken Drumstick Mash Potato/Veggies OR Corn Dog	12 Beef Stew Egg Noodles/Veggies OR Fried Chicken Sandwich	13 Beef Burrito Spanish Rice/Veggies OR Hamburger	14
15	16 Beef lo Mein Stir Fry Veggies OR Dino Nuggets	17 Sweet Chili Pork Rice/Veggies OR Beef Hot Dog	18 Chicken Tenders Mash Potatoes/Veggies OR Corn Dog	19 Beef Soft Taco TXMX Rice/Veggies OR Fried Chicken Sandwich	20 Brinner! Eggs/Bacon/Tots/Fruit OR Hamburger	21
22	23 Sloppy Joe Slider Waffle Fries/Veggies OR Dino Nuggets	24 Teriyaki Pork Rice/Veggies OR Beef Hot Dog	25 Grilled Chicken Mash Potatoes/Veggies OR Corn Dog	26 Pasta w/Meat Sauce Garlic Toast/Veggies OR Fried Chicken Sandwich	27 Cheese Pizza Tots/Veggies OR Hamburger	28
29	30 Beef Pot Roast Mashed Potatoes/Veggies OR Dino Nuggets	31 Honey-Glazed Pork Rice/Veggies OR Beef Hot Dog				

October 2023 4th to 12th Grades

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Beef Pot Roast BWS: Fire-Braised Chicken OR Plant-Based Fajita Sandwich: Ham & Swiss Panini Soup: Cajun Potato-Sausage	3 Gochujang Pork BWS: Sliced Beef & Peppers OR Portabella Marsala Sandwich: BBQ Turkey-Cheddar Panini Soup: Chicken & Rice	4 Chicken & Waffles BWS: Carnita Pork OR BBQ Jackfruit Sandwich: Fried Chicken Sandwich Soup: TX Brisket Chili	5 Taco Salad BWS: Turkey Pot Roast OR Chickpea Sausage Sandwich: Ultimate Grilled Cheese Soup: Tomato	6 Pork Schnitzel BWS: Battered Fish OR Falafel with Tzatziki Sandwich: Hamburger Soup: Chicken Tortilla	7
8	9 Beef Fajita Stir Fry BWS: Fire-Braised Chicken OR Plant-Based Fajita Sandwich: Ham & Swiss Panini Soup: Cajun Potato-Sausage	10 Sweet & Sour Pork BWS: Barbacoa OR Portabella Marsala Sandwich: BBQ Turkey-Cheddar Panini Soup: Chicken & Rice	11 Roast Chicken BWS: Carnita Pork OR BBQ Jackfruit Sandwich: Fried Chicken Sandwich Soup: TX Brisket Chili	12 Beef Stew BWS: Turkey Pot Roast OR Chickpea Sausage Sandwich: Ultimate Grilled Cheese Soup: Tomato	13 Carnita Burrito BWS: Cajun Shrimp OR Falafel with Tzatziki Sandwich: Hamburger Soup: Chicken Tortilla	14
15	16 Beef & Spinach lo Mein BWS: Fire-Braised Chicken OR Plant-Based Fajita Sandwich: Ham & Swiss Panini Soup: Cajun Potato-Sausage	17 Sweet Chili Pork BWS: Sliced Beef & Peppers OR Portabella Marsala Sandwich: BBQ Turkey-Cheddar Panini Soup: Chicken & Rice	18 Chicken Parmesan BWS: Carnita Pork OR BBQ Jackfruit Sandwich: Fried Chicken Sandwich Soup: TX Brisket Chili	19 Frito Burrito BWS: Turkey Pot Roast OR Chickpea Sausage Sandwich: Ultimate Grilled Cheese Soup: Tomato	20 Brinner! BWS: Blackened Catfish OR Falafel with Tzatziki Sandwich: Hamburger Soup: Chicken Tortilla	21
22	23 Sloppy Joe! BWS: Fire-Braised Chicken OR Plant-Based Fajita Sandwich: Ham & Swiss Panini Soup: Cajun Potato-Sausage	24 Teriyaki Pork BWS: Barbacoa OR Portabella Marsala Sandwich: BBQ Turkey-Cheddar Panini Soup: Chicken & Rice	25 Texas Chicken BWS: Carnita Pork OR BBQ Jackfruit Sandwich: Fried Chicken Sandwich Soup: TX Brisket Chili	26 Cavatappi w/Beef & Peppers BWS: Turkey Pot Roast OR Chickpea Sausage Sandwich: Ultimate Grilled Cheese Soup: Tomato	27 Meat Lover's Pizza BWS: Lemon-Garlic Shrimp OR Falafel with Tzatziki Sandwich: Hamburger Soup: Chicken Tortilla	28

October 2023 4th to 12th Grades

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 <i>Beef Pot Roast</i> BWS: Fire-Braised Chicken OR Plant-Based Fajita Sandwich: Ham & Swiss Panini Soup: Cajun Potato-Sausage	31 <i>Gochujang Pork</i> BWS: Sliced Beef & Peppers OR Portabella Marsala Sandwich: BBQ Turkey- Cheddar Panini Soup: Chicken & Rice				