

OCTOBER 2023

PRESTON PUBLIC SCHOOLS

LUNCH

ADDITIONAL CHOICES AVAILABLE DAILY. CHOICES ARE PB&J, TURKEY SANDWICH, CHEF SALAD OR CHEF'S SPECIAL. BREAD OFFERINGS ARE WHOLE GRAIN. MILK OFFERINGS ARE 1% WHITE OR FAT FREE FLAVORED. MILK IS OFFERED AT EVERY MEAL.



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CHICKEN SANDWICH
FRENCH FRIES
CORN
APPLESAUCE
MILK

2

CHICKEN NACHOS
BEANS & CORN
PEARS
MILK

3

CHEESEBURGERS
FRENCH FRIES
BROCCOLI
APPLES
MILK

4

PANCAKES
SAUSAGE
HASHBROWNS
CARROTS
PEACHES & MILK

5

PIZZA
TOSSED SALAD
STRAWBERRIES
MILK

6

**COLUMBUS DAY/
INDIGENOUS
PEOPLE DAY**

9

QUESADILLA
RICE & BEANS
CORN
PEACHES
MILK

10

PASTA W/ MEATSAUCE
GARLIC KNOT
GREENBEANS
MIXED FRUIT
MILK

11

MOZZERELLA STICKS
CARROTS
BREADS
APPLESAUCE
MILK

12

PIZZA
TOSSED SALAD
STRAWBERRIES
MILK

13

CHICKEN PATTY
FRENCH FRIES
CORN
APPLESAUCE
MILK

16

BEEF NACHOS
BEANS & CORN
PEARS
MILK

17

CHEESEBURGERS
FRENCH FRIES
BROCCOLI
ORANGES
MILK

18

FRENCH TOAST STICKS
SAUSAGE
HASHBROWNS
CARROTS
PEACHES & MILK

19

PIZZA
TOSSED SALAD
STRAWBERRIES
MILK

20

CHICKEN NUGGETS
FRENCH FRIES
CORN
APPLESAUCE
MILK

23

SOFT SHELL TACO
RICE & BEANS
CORN
PEACHES
MILK

24

PASTA W/ MEATSAUCE
GARLIC KNOT
GREENBEANS
MIXED FRUIT
MILK

25

MOZZERELLA STICKS
CARROTS
BREADS
APPLES
MILK

26

PIZZA
TOSSED SALAD
STRAWBERRIES
MILK

27

CHICKEN PATTY
FRENCH FRIES
CORN
APPLESAUCE
MILK

30

CHICKEN NACHOS
BEANS & CORN
PEARS
MILK

31



BREAKFAST IS FREE FOR EVERYONE!!! LUNCHES ARE \$3.75 IF YOU DO NOT QUALIFY FOR FREE LUNCH