

2022 OCTOBER 2022

High School

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
						1	Breakfast Egg Rolls Fruit, Juice and Milk Breakfast for Lunch Or Grilled Cheese Fruit, Vegetable and Milk	2	Stuffed Hashbrown Fruit, Milk and Juice Salisbury Steak Or Deli Sandwich Fruit, Vegetable and Milk
5	Breakfast Pizza Fruit, Milk and Juice Sloppy Joe Or Buffalo Chicken Bites Fruit, Vegetable and Milk	6	Omelet and Muffin Fruit, Milk and Juice Taco in a Bag Or Chef Salad Fruit, Vegetable and Milk	7	French Toast Sticks Fruit, Milk and Juice Cheeseburger Or Chicken Tenders Fruit, Vegetable and Milk	8	Breakfast Burrito Fruit, Milk and Juice Orange Chicken Or Pork Eggroll Fruit, Vegetable and Milk	9	Long John Fruit, Milk and Juice Chicken Parm Sandwich Or Chicken Crispito Fruit, Vegetable and Milk
12	Breakfast Round Fruit, Milk and Juice Mac and Cheese Or Corn Dog Fruit, Vegetable and Milk	13	Scrambled Eggs and Donut Fruit, Milk and Juice Chicken Fajita Bowl Or Chef Salad Fruit, Vegetable and Milk	14	Mini Pancakes and Sausage Fruit, Milk and Juice Pizza Or Hot Beef on Pretzel Bun Fruit, Vegetable and Milk	15	No School	16	No School
19	Breakfast Bowl Fruit, Milk and Juice Pizza Cruncher Or Chicken Tenders Fruit, Vegetable and Milk	20	Biscuit and Gravy Fruit, Milk and Juice Beef Taco Or SW Chicken Salad Fruit, Vegetable and Milk	21	Waffle Fruit, Milk and Juice Buffalo Chicken Bites Or Deli Sandwich Fruit, Vegetable and Milk	22	Cinnamon Roll Fruit, Milk and Juice Spicy Chicken Sandwich Or Pulled Pork Sandwich Fruit, Vegetable and Milk	23	Breakfast Egg Rolls Fruit, Milk and Juice Teriyaki Chicken Or Hot Ham on a Bun Fruit, Vegetable and Milk
26	Churro Fruit, Milk and Juice Turkey Gravy Or Popcorn Chicken Fruit, Vegetable and Milk	27	Stuffed Hashbrown Fruit, Milk and Juice Chicken Taco Or Chicken Caesar Salad Fruit, Vegetable and Milk	28	Breakfast Croissant Fruit, Milk and Juice Chili Cheese Fritos Or Quesadilla Fruit, Vegetable and Milk	29	Breakfast Pizza Fruit, Milk and Juice Chicken Tator Bowl Or PB&J Fruit, Vegetable and Milk	30	Omelet and Muffin Fruit, Milk and Juice General TSO's Chicken Or BBQ Rib on a Bun Fruit, Vegetable and Milk