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OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
Bagel with Sausage Egg & Cheese Grilled Cheese ~~~~~ Fruit & cheese Plate Caesar Salad Pepper Strips Warm Apples w/Cinnamon 2	Tater Nachos Grilled Cheese ~~~~~ Fruit & Cheese Plate Caesar Salad Steamed Corn Juicy Pears 3	Cheese Pizza Pepperoni Pizza Grilled Cheese ~~~~~ Fruit & Cheese Plate Caesar Salad Baby Carrots Apple Slices 4	Grilled Turkey & Cheese Grilled Cheese ~~~~~ Fruit & Cheese Plate Caesar Salad Cherry Tomatoes Orange Smiles 5	Corn Dog Grilled Cheese ~~~~~ Fruit & Cheese Plate Caesar Salad Baked Beans Mixed Fruit 6	<u>Daily Offerings</u> <u>Include:</u> PB&J Protein Pack <u>NSLW</u> October 9-13th Join us for Trivia, Coloring Pages and Giveaways!! 
Scrambled Egg Bowl w Toast Egg Roll in a Bowl BYO Pizza Turkey & Cheese Pinwheel Pepper Strips Applesauce 9	***NATIONAL SCHOOL LUNCH WEEK***			Cheeseburger Deluxe Gardenburger Egg Roll in a Bowl BYO Pizza Turkey & Cheese Pinwheel Mixed Veggies Mixed Fruit 13	
Jumbo Waffles w Hash Brown Patty Chicken Nuggets ~~~~~ Chef's Salad Cheese Sandwich Pepper Strips Applesauce 16	Nacho Day Chicken Nuggets ~~~~~ Chef's Salad Cheese Sandwich Steamed Corn Juicy Pears 17	Cheese Pizza Meatball Pizza Chicken Nuggets ~~~~~ Chef's Salad Cheese Sandwich Baby Carrots Apple Slices 18	Meatball Parm Chicken Nuggets ~~~~~ Chef's Salad Cheese Sandwich Cherry Tomatoes Orange Smiles 19	Chicken Drumstick w dinner roll Chicken Nuggets ~~~~~ Chef's Salad Cheese Sandwich Baked Beans 20	<u>Wellness Tip of</u> <u>The Month:</u> Carrots are made up of 88% water. Carrots come in many colors including white and purple. Carrots are better for you when they are cooked. This releases the hidden pockets of beta carotene. Carrots are the second most popular vegetable, behind potatoes. Carrots are on the menu every Wednesday during October.
Blueberry Mini Waffles Hot Dog on a Bun ~~~~~ Buffalo Chicken Wrap Pretzel & yogurt Meal Pepper Strips Applesauce 23	Chicken & Cheese Taqitos Hot Dog on a Bun ~~~~~ Buffalo Chicken Wrap Pretzel & Yogurt 24	Cheese Pizza Buffalo Chicken Pizza Hot Dog on a Bun ~~~~~ Buffalo Chicken Wrap Pretzel & Yogurt Meal Baby Carrots Apple Slices 25	Chicken Lo Mein Hot Dog on a Bun ~~~~~ Buffalo Chicken Wrap Pretzel & Yogurt Meal Cherry Tomatoes Orange Smiles 26	Ham & Cheese on a Pretzel Bun Hot Dog on a Bun ~~~~~ Buffalo Chicken Wrap Pretzel & Yogurt Meal Green Beans Mixed Fruit 27	
French Toast Sticks W Sausage Patty Penne w Marinara ~~~~~ Chicken Caesar Salad Bagel Bundle Pepper Strips Applesauce 30	<u>In Service</u> <u>Day</u> <u>Early Dismissal</u> <u>For</u> <u>students</u> 31			<u>Lunch Prices: \$2.60 Full Free for Reduced</u> A Program meal must include items from at least 3 food groups, one of those items must be a ½ cup of fresh vegetable and either ½ cup of fresh fruit or 100% fruit juice to follow USDA guidelines for the NSLP. Any second entrée will be charged a la carte pricing to the student's account.	
					

Menu is subject to change without notice due to product availability