



# LUNCH

Grain Items Offered on Menu are Whole Grain Rich  
Skim and 1% Milk Offered

# OCTOBER 2023

## Monday

2

Applejacks Cereal Bowl  
Graham Crackers | Fresh Apple

Turkey Corn Dog  
Corn | Fruit Mix

9

16

Lucky Charms Cereal Bowl  
Graham Crackers | Fresh Apple

Chicken Nuggets  
Mashed Potatoes & Gravy  
Diced Pears

30

Cinnamon Toast  
Crunch Cereal Bowl  
Graham Crackers | Fresh Apple

Baked Chicken Sandwich  
Corn | Fresh Sliced Orange

## Tuesday

3

Mini Glazed Donuts  
Fresh Sliced Orange

Pepperoni Pizza  
Broccoli | Sliced Peaches

10

17

Zucchini Sliced Bread  
Fresh Apple

Pepperoni Pizza  
Broccoli | Applesauce

24

Sliced Banana Bread  
Strawberry Applesauce

Pepperoni Pizza  
Broccoli | Sliced Peaches

31

Cinnamon Bun  
Fresh Apple

Pepperoni Pizza  
Broccoli | Applesauce

## Wednesday

4

Carrot Bun | Fresh Apple

Popcorn Chicken Bowl  
Cucumbers | Fresh Sliced Orange

11

18

Yogurt Cup  
Lil Square Crackers  
Fresh Sliced Orange

Rolled Taquitos | Spanish Rice  
Refried Beans | Grapes

25

Plain Bagel & Cream Cheese  
Strawberry Applesauce

Bean & Cheese Nachos  
Celery | Strawberries

## Thursday

5

Cinnamon Raisin Bagel  
Cream Cheese | Applesauce

Baked Beef Ziti Pasta  
Baby Carrots | Fruit Mix

12

19

Strawberry Mini Bagels  
Fresh Apple

Spaghetti with Meatsauce  
Baby Carrots | Grapes

26

Cinni Mini Bagels  
Applesauce

Chicken Fried Rice  
& Stir-Fried veggies  
Baby Carrots | Sliced Peaches

## Friday

6

Buttermilk Waffles  
Diced Pears

Cold Cut Sub  
Garbanzos | Fresh Sliced Orange

13

20

Breakfast Pizza Bagel  
Applesauce

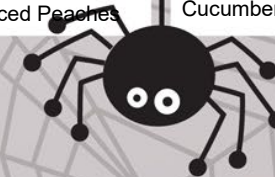
Cheeseburger  
Cucumbers | Fresh Sliced Orange

27

Breakfast Burrito  
Strawberry Applesauce

Ham & Cheese Croissant  
Cucumbers | Fresh Sliced Orange

# Fall Break



Menu is subject to change due to product availability

*"This institution is an equal opportunity provider"*