

OCTOBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	*meal in a bowl = Chicken nuggets, corn, potatoes, gravy in a bowl	**sandwich Sun chips Fresh fruit	***Hard Shell Taco's	MENU SUBJECT TO CHANGE WITHOUT NOTICE	This institution is an equal opportunity provider and employer	1
2	3 Yogurt/ Muffin Salisbury Steak Potatoes/Gravy Fruit	4 Breakfast Burrito Breaded Pork Vegetables Fruit	5 Bagels / Cream Cheese Chicken Nuggets Baked Beans Fruit	6 Pancake on a stick BBQ Rib/ Bun Corn Fruit	7 NO SCHOOL	8
9	10 NO SCHOOL	11 NO SCHOOL	12 Yogurt/ Muffin Corn Dogs Baked Beans Fruit	13 Waffles Meal in a bowl*	14 Frosted Friday Italian Dunkers Salad Fruit	15
16	17 Yogurt/ Muffin Breaded Beef Green Beans Fruit	18 Breakfast Burrito Hamburger/Bun Fries Fruit	19 Mini Cinni's Rotini/Meat sauce Green Beans Fruit	20 Oatmeal Orange Chicken Rice Fruit	21 Frosted Friday Cheese Pizza Salad Fruit	22
23	24 Yogurt/ Muffin Breaded Beef Beans, Fruit	25 Waffles	26 Oatmeal Taco's *** Lettuce / Tomato Fruit	27 Frudel Chicken Fajita Rice Fruit	28 Frosted Friday Cheese Pizza Salad Fruit	29
30	31 Yogurt/ Muffin Chicken Noodle Soup / Fruit	Buddy Lunch **				