

October Menu 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All meals served w/ drink, fruit, and vegetable	Alternative meals Chicken tenders, Pasta, Grilled Cheese, Hot Dogs, PB&J					1
2	3 Breakfast: Muffin Lunch: Turkey & Cheese Sandwich	4 Breakfast: Cereal Lunch: Chicken Tenders & Fries	5 No School	6 Breakfast: Bagel Lunch: Penne w/ garlic bread	7 Breakfast: Cheese eggs w/ hashbrowns Lunch: Pizza	8
9	10 Breakfast: Muffin Lunch: Barbecue Chicken sandwich	11 Breakfast: French Toast Lunch: Cheesesteak	12 Breakfast: Cereal Lunch: Penne Alfredo w/ Chicken	13 Breakfast: Bagel Lunch: Corn Dog Nuggets	14 Breakfast: Bacon & Eggs Lunch: Pizza	15
16	17 Breakfast: Muffin Lunch: Cheeseburger w/ tater tots	18 Breakfast: Waffles w/ whipped cream & strawberries Lunch: BLT sandwich	19 Breakfast: Cereal Lunch: Spaghetti w/ meatballs	20 Breakfast: Bagel Lunch: Chicken Sandwich w/ cheese, lettuce, and tomato	21 Breakfast: Sausage egg & cheese biscuit Lunch: Pizza	22
23	24 Breakfast: Muffin Grilled Cheese w/ french fries	25 Breakfast: Pancakes Lunch: Tacos	26 Breakfast: Cereal Lunch: Baked Ziti	27 Breakfast: Bagel Lunch: Meatloaf w/ mashed potatoes & gravy	28 Breakfast: Ham & Cheese Croissant Lunch: Pizza	29
30	31 Breakfast: Muffin Lunch: Mummy Dogs					