


# OCTOBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
1 All meals are served with 1% white or non-fat chocolate milk	2 <b>Breakfast:</b> Muffin, yogurt, fruit <b>Lunch:</b> Italian dunkers, marinara, salad, fries, fruit	3 <b>Breakfast:</b> Sausage & cheese sandwich, fruit <b>Lunch:</b> Teriyaki noodles, steamed broccoli, fortune cookie, fruit	4 <b>Breakfast:</b> Waffles, syrup, sausage, fruit <b>Lunch:</b> Spaghetti pie, roll, salad, fruit	5 <b>Breakfast:</b> Breakfast burrito, fruit <b>Lunch:</b> Chef salad, popcorn chicken, chips, fruit	6 <b>Breakfast:</b> Pancake on a stick, fruit <b>Lunch:</b> Sub sandwich, fries, carrots, baked beans, dessert, fruit	7
8	9 <b>Breakfast:</b> UBR, fruit & yogurt parfait <b>Lunch:</b> Hot dogs, baked beans, fries, fruit	10 <b>Breakfast:</b> Biscuits & gravy, fruit <b>Lunch:</b> Walking tacos, refried beans, lettuce, salsa, corn, fruit	11 <b>Breakfast:</b> Waffles, syrup, sausage, fruit <b>Lunch:</b> Baked potato bar, steamed cauliflower & broccoli, roll, fruit	12 <b>Breakfast:</b> Breakfast burritos, fruit <b>Lunch:</b> Hamburger gravy, breadstick, mashed potatoes, broccoli, fruit	13 <b>Breakfast:</b> Cereal, toast, yogurt, fruit <b>Lunch:</b> Pepperoni or cheese pizza, carrots, ranch, fruit	14
15	16 <b>Breakfast:</b> Fruit & yogurt parfait, granola <b>Lunch:</b> Grilled cheese, tomato basil soup, fruit	17 <b>Breakfast:</b> Biscuits, gravy, fruit <b>Lunch:</b> Teriyaki rippers, Asian veggie blend, fried rice, fruit	18 <b>Breakfast:</b> Pancakes & sausage, fruit <b>Lunch:</b> Meatloaf, roll, mashed potatoes, steamed carrots, fruit	19 <b>Breakfast:</b> Breakfast casserole, UBR, fruit <b>Lunch:</b> Hamburger, fries, baked beans, fruit	20 <b>Breakfast:</b> Cereal, toast, yogurt, fruit <b>Lunch:</b> Chicken/turkey noodle soup, breadstick, salad, fruit	21
22	23 <b>Breakfast:</b> Muffin, yogurt, fruit <b>Lunch:</b> Chicken nuggets, mozzarella breadsticks, marinara, carrots, ranch, fruit	24 <b>Breakfast:</b> Sausage & cheese breakfast sandwich, fruit <b>Lunch:</b> Mini corn dogs, coleslaw, baked beans, fruit	25 <b>Breakfast:</b> Banana or cocoa bread, hard boiled egg, fruit <b>Lunch:</b> Sweet & sour chicken, fried rice, Asian veggie blend, fortune cookie, fruit	26 <b>Breakfast:</b> Breakfast burrito, fruit <b>Lunch:</b> Chicken cordon bleu, baked beans, roasted herb potatoes, lettuce/tomato, fruit	27 <b>Breakfast:</b> Cereal, toast, yogurt, fruit <b>Lunch:</b> Popcorn chicken bowl, mashed potatoes, corn, gravy, cookie, fruit	28
29	30 <b>Breakfast:</b> Sausage & cheese sandwich, fruit <b>Lunch:</b> Dutch waffle, sausage, vanilla yogurt, hash brown, fruit	31 Cook's Spooky Choice				