

22-23 Breakfast

October 2022

Mon	Tue	Wed	Thu
<p>3</p> <p>Cereal Variety (1 WG)</p> <p>Assorted 100% Fruit Juice</p> <p>Fresh Orange</p> <p>Milk, Variety</p> <p>Mozzarella String Cheese</p>	<p>4</p> <p>Yogurt, Asst</p> <p>Assorted 100% Fruit Juice</p> <p>Chilled Blueberries</p> <p>Blueberry Muffin</p> <p>Milk, Variety</p>	<p>5</p> <p>Breakfast Pizza with Sausage</p> <p>Assorted 100% Fruit Juice</p> <p>Pineapple Tidbits</p> <p>Milk, Variety</p>	<p>6</p> <p>English Muffin Breakfast Sandwich</p> <p>Assorted 100% Fruit Juice</p> <p>Fresh Banana</p> <p>Milk, Variety</p>
<p>10</p> <p>No School</p>	<p>11</p> <p>Cereal Variety (1 WG)</p> <p>Assorted 100% Fruit Juice</p> <p>Fresh Orange</p> <p>Milk, Variety</p>	<p>12</p> <p>Yogurt, Asst</p> <p>Chilled Blueberries</p> <p>Assorted 100% Fruit Juice</p> <p>WG Bagel w/ Cream Cheese</p> <p>Milk, Variety</p>	<p>13</p> <p>Ham</p> <p>Assorted 100% Fruit Juice</p> <p>Fresh Strawberries</p> <p>Whole Wheat Waffle</p> <p>Milk, Variety</p>
<p>17</p> <p>Cereal Variety (1 WG)</p> <p>Assorted 100% Fruit Juice</p> <p>Fresh Orange</p> <p>Milk, Variety</p> <p>Mozzarella String Cheese</p>	<p>18</p> <p>Hard Boiled Egg</p> <p>Assorted 100% Fruit Juice</p> <p>Sliced Pears</p> <p>English Muffin</p> <p>Milk, Variety</p>	<p>19</p> <p>Yogurt, Asst</p> <p>Assorted 100% Fruit Juice</p> <p>Chilled Blueberries</p> <p>Cereal Bar, Cinnamon Toast</p> <p>Milk, Variety</p>	<p>20</p> <p>Biscuits & Sausage Gravy</p> <p>Assorted 100% Fruit Juice</p> <p>Fresh Orange</p> <p>Milk, Variety</p>
<p>24</p> <p>Cereal Variety (1 WG)</p> <p>Assorted 100% Fruit Juice</p> <p>Fresh Orange</p> <p>Milk, Variety</p> <p>Mozzarella String Cheese</p>	<p>25</p> <p>Sausage Links</p> <p>Assorted 100% Fruit Juice</p> <p>Fresh Strawberries</p> <p>Pancakes</p> <p>Milk, Variety</p>	<p>26</p> <p>Ham</p> <p>Assorted 100% Fruit Juice</p> <p>Pineapple Tidbits</p> <p>Maple Bar</p> <p>Milk, Variety</p>	<p>27</p> <p>Flatbread Pizza, Breakfast</p> <p>Assorted 100% Fruit Juice</p> <p>Mixed Fruit</p> <p>Milk, Variety</p>
<p>31</p> <p>Cereal Variety (1 WG)</p> <p>Fresh Orange</p> <p>Assorted 100% Fruit Juice</p> <p>Milk, Variety</p>	<p>1</p> <p>Sausage Links</p> <p>Applesauce</p> <p>Assorted 100% Fruit Juice</p> <p>Texas Style French Toast</p> <p>Milk, Variety</p>	<p>2</p> <p>Yogurt, Asst</p> <p>Chilled Blueberries</p> <p>Assorted 100% Fruit Juice</p> <p>Mini Banana Chocolate Chunk BenefIT Bar</p> <p>Milk, Variety</p>	<p>3</p> <p>Breakfast Burrito</p> <p>Tater Tots</p> <p>Mixed Fruit</p> <p>Assorted 100% Fruit Juice</p> <p>Milk, Variety</p>

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22-23 Lunch

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Mon	Tue	Wed	Thu
3 Chicken Nuggets French Fries Veggie Bar Diced Peaches Milk, Variety	4 Cheese Quesadilla Refried beans Veggie Bar Watermelon Chunks Milk, Variety	5 Spaghetti and Meat Sauce Cut Green Beans Veggie Bar Fresh Orange Garlic Texas Toast Milk, Variety	6 Hot Dog on a Bun Veggie Bar Fresh Apple Slices Milk, Variety
10 No School	11 Sloppy Joe Veggie Bar Cut Green Beans Diced Peaches Milk, Variety	12 Beef, Bean & Cheese Burrito Veggie Bar Fresh Grapes Milk, Variety	13 Classic Grilled Cheese Sandwich Tomato Soup Veggie Bar Mixed Fruit Milk, Variety
17 Chicken Patty Sandwich French Fries Veggie Bar Peaches, Canned Milk, Variety	18 Nachos Refried beans Veggie Bar Fresh Grapes Milk, Variety	19 Teriyaki Chicken with Noodles Broccoli Veggie Bar Mandarin Oranges Brown Rice & Quinoa Pilaf Milk, Variety	20 Pizza Rippers Veggie Bar Pineapple Tidbits Milk, Variety
24 BBQ Pork Sandwich Baked Beans Veggie Bar Peaches, Canned Milk, Variety	25 Beef Soft Taco Veggie Bar Fresh Grapes Mexican Rice Milk, Variety	26 Chicken Fettuccine with Alfredo Broccoli Veggie Bar Sliced Pears Milk, Variety	27 Turkey Sandwich Veggie Bar Fresh Apple Slices Milk, Variety
31 Hamburger on a Bun French Fries Veggie Bar Diced Peaches Milk, Variety	1 Seasoned Chicken Fajitas Veggie Bar Fresh Grapes Milk, Variety	2 Goulash Cut Green Beans Veggie Bar Sliced Pears Soft Breadstick Milk, Variety	3 WG Egg Salad Sandwich Veggie Bar Potato Salad Fresh Apple Slices Milk, Variety

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