

October 2023

\*This Institution is an equal Opportunity Provider  
 \*Milk Is Offered with All Meals: 1% white & Chocolate Skim  
 \* Menu Is Subject to Change

French Toast Sticks with Syrup Juice Fruit	2 <sup>nd</sup>	Mini Bagel with Strawberry Cream Cheese or Long John Juice Fruit	3 <sup>rd</sup>	Breakfast Bites Juice Fruit	4 <sup>th</sup>	Apple Frudel Juice Fruit	5 <sup>th</sup>	Mini Cinnis or Yogurt Parfait Juice Fruit	6 <sup>th</sup>
Mini French Toast with Chocolate chip with Syrup Juice Fruit	9 <sup>th</sup>	Turkey Sausage Pancake on a Stick Juice Fruit	10 <sup>th</sup>	Cinnamon Toast Crunch Soft Filled Bar Juice Fruit	11 <sup>th</sup>	Breakfast Pizza Juice Fruit	12 <sup>th</sup>	Toast or Banana Bread Juice Fruit	13 <sup>th</sup>
Apple Frudel Juice Fruit	16 <sup>th</sup>	Mini Donuts Juice Fruit	17 <sup>th</sup>	Breakfast Burrito Juice Fruit	18 <sup>th</sup>	No School	19 <sup>th</sup>	No School	20 <sup>th</sup>
Triple Berry Mini French Toast Juice Fruit	23 <sup>rd</sup>	Mini Bagel with Strawberry Cream Cheese or Long John Juice Fruit	24 <sup>th</sup>	Toast or Banana Bread Juice Fruit	25 <sup>th</sup>	Mini Cinnis or Yogurt Parfait Juice Fruit	26 <sup>th</sup>	Breakfast Pizza Juice Fruit	27 <sup>th</sup>
Turkey Sausage Pancake on a Stick Juice Fruit	30 <sup>th</sup>	Breakfast Bites Juice Fruit	31 <sup>st</sup>						

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BBQ or Hot Dog with Bun Potato Wedges Pork and Beans Salad Bar Fruit	2 <sup>nd</sup>	Italian Dunkers with Spaghetti sauce Salad Mix/Spinach Salad Bar Fruit	3 <sup>rd</sup>	Beef Nacho Boats Refried Beans Rice Lettuce/Salad Bar Fruit	4 <sup>th</sup>	Sub Sandwich with Fixings Chicken Noodle Soup Shredded Lettuce Salad Bar Fruit	5 <sup>th</sup>	Pizza Scoops/ Black Bean Salsa Salad Bar Fruit	6 <sup>th</sup>
Egg omelet Waffles/Syrup Hash brown Orange juice Salad Bar/Fruit	9 <sup>th</sup>	Turkey with Gravy Mashed Potatoes Carrots Dinner Roll Salad Bar and Fruit Salad	10 <sup>th</sup>	Chicken nuggets French Fries Slice of Bread Garbanzo Beans Salad Bar and Fruit	11 <sup>th</sup>	Tomato Soup or Chili Grilled Cheese Crackers Salad Bar Fruit	12 <sup>th</sup>	Taco in a bag Fixings/Lettuce Salad Bar Fruit	13 <sup>th</sup>
Hamburger or Chicken Patty with a Bun Tater Tots Pork and Beans Salad Bar and Fruit	16 <sup>th</sup>	Spaghetti and Noodles Garlic Bread Lettuce/Salad Bar Fruit	17 <sup>th</sup>	Pizza Scoops/ Black Bean Salsa Salad Bar Fruit	18 <sup>th</sup>	No School	19 <sup>th</sup>	No School	20 <sup>th</sup>
Hot Turkey or BBQ Pork with a Bun Cheesy Potatoes Green Beans Salad Bar and Fruit	23 <sup>rd</sup>	Meatballs with Gravy Mashed Potatoes Winter Blend Dinner Roll Salad Bar and Fruit	24 <sup>th</sup>	Chicken Tenders Waffles/Syrup Lettuce/Salad Bar Fruit	25 <sup>th</sup>	Enchiladas or Tater Tot Hot dish Garlic Bread Salad Bar Fruit	26 <sup>th</sup>	Quesadilla and Fixings Rice Refried Beans Salad Bar Fruit	27 <sup>th</sup>
Corn Dogs Mac and Cheese Green Beans Salad Bar and Fruit	30 <sup>th</sup>	Sub Sandwich with Fixings Chicken Noodle Soup Shredded Lettuce Salad Bar Fruit	31 <sup>st</sup>						