



OCTOBER 2023

Grain Items Offered on Menu are Whole Grain Rich
Skim and 1% Milk Offered

Monday	Tuesday	Wednesday	Thursday	Friday
Turkey Corn Dog Corn Fruit Mix 2	Popcorn Chicken Bowl Cucumbers Fresh Sliced Orange 3	Baked Beef Ziti Pasta Baby Carrots Fruit Mix 4	Cold Cut Sub Cucumbers Fresh Sliced Orange 5	Pepperoni Pizza Broccoli Applesauce 6
9	10	11	12	13
16	Rolled Taquitos Spanish Rice Refried Beans Grapes 17	Spaghetti with Meatsauce Baby Carrots Grapes 18	Turkey & Cheese Sandwich Baby Carrots Fresh Sliced Orange 19	Pepperoni Pizza Broccoli Sliced Peaches 20
Chicken Nuggets Mashed Potatoes & Gravy Diced Pears 23	Bean & Cheese Nachos Celery Strawberries 24	Chicken Fried Rice & Stir-Fried veggies Baby Carrots Sliced Peaches 25	Ham & Cheese Croissant Cucumbers Fresh Sliced Orange 26	Pepperoni Pizza Broccoli Applesauce 27
Baked Chicken Sandwich Corn Fresh Sliced Orange 30	Bean & Cheese Burrito Corn Fruit Mix 31			



Menu is subject to change due to product availability
"This institution is an equal opportunity provider"