



# October 2022

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

						1
2	3 Pancakes Sausage Eggs Strawberries	4 Sub Sandwich Chips Fruit Yogurt Chocolate Chip Cookie	5 Chicken Enchilada Spanish Rice Corn Orange Slices	6 Spaghetti Garlic Bread Toss Salad Carrots Dessert	7 Chicken Patty on Bun Buttered Noodles Mixed Veggies Fruit	8
9	10 No School (Columbus Day)	11 Turkey Roll Up Chips Fruit Yogurt Apple Muffin	12 Super Nachos All the Fixins Refried Beans Orange Slices	13 Ham, Potato and Cheese Casserole Dinner Roll Peas Dessert	14 Pizza Pasta Salad Cheese Bread Fruit	15
16	17 French Toast Sausage Hashbrowns Banana	18 Potato Soup w/ Crackers Ham/Cheese Slider Fruit	19 Beef Taco Beans and Cheese Corn Orange Slices	20 Orange Chicken Fried Rice Asian Salad Mandarin Oranges	21 Noon Dismissal (No Lunch)	22
23	24 Biscuit & Sausage Gravy Scrambled Eggs Banana	25 Pizza Roll Up Raw Veggies Fruit Yogurt Peanut Butter Cookie	26 Mexican Chicken Casserole Salad Rice Orange Slices	27 Meatloaf Mashed Potatoes & Gravy Green Beans Dessert	28 Chicken Nuggets Tator Tots Carrots Fruit	29
30	31 Pumpkin Soup Cheddar Biscuit Roasted Veggies Salad Fruit					