



# October 2023

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

1	2 Breakfast Casserole Muffin Banana	3 Turkey Roll Up Chips Fruit Yogurt Cookie	4 Beef Burrito Lettuce Salad Corn Orange Slices	5 Chicken Nuggets Tater Tots Veggies Fruit	6	7
8	9 No School (Columbus Day)	10 Potato Soup w/ Crackers Ham/Cheese Slider Fruit	11 Chicken Quesadilla Rice Chips & Salsa Orange Slices	12 Beef Goulash Garlic Biscuit Salad Mixed Veggies Fruit	13 Pizza Pasta Salad Fruit Brownie	14
15	16 Pancakes Bacon Eggs Banana	17 Sub Sandwich Chips Fruit Yogurt Cookie	18 Super Nachos All the Fixins Black Beans Corn Orange Slices	19 Orange Chicken Fried Rice Asian Salad Mandarin Oranges	20	21
22	23 Biscuit & Sausage Gravy Scrambled Eggs Banana	24 Chili Soup Peanut Butter Sand Cheese & Crackers Applesauce	25 Pork Carnitas Pineapple Salsa Rice Orange Slices	26 Meatloaf Mashed Potatoes & Gravy Green Beans Pumpkin Bars	27	28
29	30 Cheese Omelet Sausage Hashbrowns Banana	31 Ham & Cheese Sand Chips Fruit Yogurt Cookie				