

OCTOBER 2022 MOENCOPI DAY SCHOOL

LUNCH



Adult Lunch \$3.75 Sides \$1.00 Milk \$0.50

This Institution is an equal opportunity

****MAY SUBJECT TO CHANGE****



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

Turkey Crunchy Taco
Tortilla Chips
Mild Salsa
Spanish Rice
Diced Peaches
Milk

3

TUESDAY

Cinnamon Roll Day
Chicken Salad Sandwich
Lettuce/Tomato
Mozzarella String Cheese
California Vegetables
Applesauce

4

WEDNESDAY

Chicken Tamales
Romaine Salad
Ranch Dressing
Fresh Grapes
Milk

5

THURSDAY

Teriyaki Chicken
Fried Rice
Egg Rolls
Green Beans
Blueberries
Milk

6

FRIDAY



7

Corn Dog
Ketchup/ Mustard
Romaine Salad
Ranch Dressing
Mixed Berries
Milk

10

National Coming Out Day
Chicken Sandwich
Lettuce/ Tomato
Steamed Broccoli
Apricot Halves
Milk

11

Meatloaf
Bread w/ Butter
Mash Potatoes & Gravy
Mixed Vegetables
Blush Applesauce
Milk

12

Hamburger Gravy
Seasoned Brown Rice
Green Beans
Carrots
Sliced Peaches
Milk

13

Riblet Sandwich
Garlic Toast
Baked Beans
Steamed Corn
Watermelon
Milk

Chicken Nachos
Lettuce/ Tomato
Mild Salsa
Black Beans
Mango
Milk

17

Sloppy Joe
Steamed Corn
Applesauce
Milk

18

Spaghetti w/ Meat Sauce
WG Garlic Breadstick
Steamed Broccoli
Diced Pears
Milk

19

Beef Chili w/ Beans
Cornbread
Zucchini Squash
Sliced Peaches
Milk

20

Bean & Cheese Burrito
Romaine Salad
Ranch Dressing
California Vegetables
Fruit Cocktail
Milk

21

Chicken Bowl
Cornbread
Mandarin Oranges
Milk

24

Lamb Stew
Flatbread
Romaine Salad
Ranch Dressing
Apples
Milk

25

Chicken Nuggets
Ketchup
Dinner Roll
Carrots
Strawberries
Milk

26

Cheeseburger
Lettuce/ Tomato
Coleslaw
Sweet Potato Fries
Sliced Peaches
Milk

27

National Chocolate Day
Salisbury Steak
Garlic Bread
Steamed Corn
Pinto Beans
Sidekicks

28

Halloween
Turkey Cheese Sub
Baked Beans
Baby Carrots w/ Ranch
Fruited Jello
Milk

31

