

# LUNCH

-2023-

# OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**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?

Reference: North American Food Service



**Adult Lunch \$4.25**  
**Sides \$1.50**  
**Milk \$0.50**

This Institution is an equal opportunity.

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

2

Hot Turkey Ham & Cheese Sandwich  
 Baked Beans  
 Sweet Potato Fries  
 Mixed Berries  
 Assorted Milk

3

Meatloaf  
 Seasoned Brown Rice  
 Sweet Cinnamon Squash  
 Green Beans  
 Fresh Fruit  
 Assorted Milk

4

Chicken Bowl  
 Dinner Roll  
 Strawberries & Bananas  
 Assorted Milk

5

Chicken Nuggets  
 WG Cornbread  
 Honey Dilled Carrots  
 Roasted Cauliflower  
 Blueberries  
 Assorted Milk

6

Spaghetti w/ Meat Balls  
 WG Garlic Breadstick  
 Romaine Salad  
 Lite Ranch Dressing  
 Fresh Fruit  
 Assorted Milk

9



**No School**

10

Cheese Quesadilla  
 Mild Salsa  
 Three Sisters Salad  
 Diced Peaches  
 Assorted Milk

11

Cheese & Chili Tamale  
 Steamed Carrots  
 Romaine Salad  
 Lite Ranch Dressing  
 Fresh Grapes  
 Assorted Milk

12

Riblet Sandwich  
 Steamed Corn  
 Green Beans  
 Fresh Fruit  
 Assorted Milk

13

Cheeseburger  
 Lettuce & Tomato  
 Ketchup/Mustard  
 Baked Beans  
 Rainbow Carrot Crunch  
 Watermelon  
 Assorted Milk

16

Corn Dog  
 Western Beans  
 Italian Baby Potatoes  
 Mango Chunks  
 Assorted Milk

17

Spicy Chicken Sandwich  
 Lettuce & Tomato  
 Ketchup/Mustard  
 Romaine Salad  
 Lite Ranch Dressing  
 Fresh Fruit  
 Assorted Milk

18

Chicken Drumstick  
 WG Bread w/ Butter  
 Mashed Potatoes  
 Poultry Gravy  
 Mixed Vegetables  
 Blush Applesauce  
 Assorted Milk

19



20

23

Turkey Soft Taco  
 Mild Salsa  
 Black Beans  
 Fresh Fruit  
 Assorted Milk

24

Sloppy Joe  
 Steamed Corn  
 Melon Bowl  
 Assorted Milk

25

Spaghetti w/ Meat Sauce  
 Steamed Broccoli  
 Diced Pears  
 Assorted Milk

26

Beef Chili w/ Beans  
 WG Fry Bread  
 Potato Wedges  
 Celery Sticks  
 Sliced Peaches  
 Assorted Milk

27

Bean & Cheese Burrito  
 Romaine Salad  
 Lite Ranch Dressing  
 California Vegetables  
 Fresh Fruit  
 Assorted Milk

30

Hot Turkey Sandwich  
 Steamed Corn  
 Fresh Fruit  
 Assorted Milk

31

Black Bean & Sweet Potato Stew  
 WG Fry Bread  
 Romaine Salad  
 Lite Ranch Dressing  
 Cherry Pears  
 Assorted Milk

# MOENCOPI DAY SCHOOL

