

October, 2023 Breakfast, Lunch & Supper

2nd

FRUDEL

**TURKEY CORN DOG
SWEET POTATO TOTS
GOLDEN CORN
FRUIT COCKTAIL**

**OVEN BAKED CHICKEN LEG
SLICED BREAD & BUTTER
MASHED POTATOES W/ GRAVY
APPLESAUCE**

3RD

PANCAKED W/ SYRUP

**HOT TURKEY & CHEESE SANDWICH
CHIPS
SLICED CUCUMBERS
ORANGE SLICES**

**TATER TOT CASSEROLE
MIXED GREEN SALAD
MIXED VEGETABLES
PEACHES**

4TH

DONUT/OATMEAL

**BEEF, BEAN, CORN ENCHILDADAS
CORNBREAD
MIXED VEGETABLES
TROPICAL FRUIT SALAD**

**CHICKEN ALFREDO PASTA
BREADSTICK
STEAMED BROCCOLI
CHOCOLATE PUDDING W/ VANILLA WAFERS**

5TH

EGG & POTATO BOAT

**SALISBURY STEAK
SAUTEED ONION & PEPPERS
MASHED POTATOES W/ GRAVY
ROLL
APPLESAUCE**

6TH

NO SCHOOL

9TH

CINNAMON ROLL

**SLOPPY JOE ON BUN
BAKED BEANS
CREAMY COLESLAW
APPLESLICES**

**CHICKEN TENDERS
MACARONI & CHEESE
MIXED VEGETABLES
FROZEN FRUIT CUP**

10TH

BACON SCRAMBLE PIZZA

**BREADED POR STEAK
SCALLOPED POTATOES
CORN COBBETTE
ROLL
MANDARIN ORANGES**

**BEEF NACHOS: LETTUCE, TOMATO, SALSA, CHEESE SAUCE
PEACH COBBLER**

11TH

BISCUITS & GRAVY

**COWBOY CAVATINI
BREADSTICK
ITALIAN VEGETABLES
GRAPES**

**CRISPY CHICKEN SANDWICH
FRENCHFRIES
PEAS & CARROTS
PEARS**

12TH

FRENCH TOAST STICKS W/ SYRUP

**ORANGE CHICKEN
FRIED RICE
STEAMED BROCCOLI
PINEAPPLE**

**PHILLY CHEESESTEAK SANDWICH
PEPPERONI POTATO BAKE
SIDE SALAD
TROPICAL FRUIT SALAD**

13TH

BREAKFAST SANDWICH

**HOMESTYLE PIZZA
LETTUCE SALAD
CAPRI VEGETABLES
PEACHES**

16TH

PANCAKE ON A STICK

**3-CHEESE CHICKEN BAKE
GARLIC BREAD
GREEN BEANS
PEARS**

**BBQ RIB SANDWICH
SWEET POTATO TOTS
STEAMED BROCCOLI
GRAPES**

17TH

MUFFIN/OATMEAL

**COUNTRY BAKED STEAK
MASHED POTATOES W/ GRAVY
STEAMED CARROTS
STRAWBERRIES**

**FRENCH BREAD PIZZA W/ MARINARA SAUCE
GREEN BEANS
CORN
PINEAPPLE**

18TH

MINI WAFFLES W/ SYRUP

**GRILLED CHEESE
TOMATO SOUP
MIXED VEGETABLES
MELON**

19TH

NO SCHOOL

20TH

NO SCHOOL

23RD

BAGELS W/ CREAM CHEESE

**FIESTADA PIZZA
LETTUCE SALAD
MIXED VEGETABLES
ORANGE SLICES**

**SHEPHERD'S PIE
LETTUCE SALAD
PEAS
CHERRY COBBLER**

24TH

SAUSAGE & GRAVY PIZZA

CHICKEN ALFREDO PASTA

GARLIC BREAD

STEAMED CAULIFLOWER AND BROCCOLI

TROPICAL FRUIT SALAD

HAMBURGER ON BUN

WAFFLE FRIES

CAPRI VEGETABLES

MIXED FRUIT SALAD

25TH

FRUDEL

BBQ RIB SANDWICH

SWEET POTATO TOTS

CAPRI VEGETABLES

APPLESAUCE

SHRIMP POPPERS

FRIED RICE

ORIENTAL VEGETABLES

MANDARIN ORANGES

26TH

PANCAKES W/ SYRUP

MEATBALLS IN BEEF GRAVY

CHEESY MASHED POTATOES

CORN

ROLL

BANANA

27TH

BREAKFAST SANDWICH

BREADED COD WEDGE

MACARONI & CHEESE

GARDEN PEAS

MANDARINI ORANGES

30TH

DONUT/OATMEAL

CHICKEN QUESADILLAS

REFRIED BEANS

CORN

APPLE SLICES

MEATBALL SUB

SLICED CUCUMBERS AND CARROTS WITH RANCH

POPSICLE

31ST

EGG & POTATO BOAT

CHILI CHEESE FRITOS

CINNAMON ROLL

ROASTED CAULIFLOWER

GRAPES

BUFFALO CHICKEN TOT BAKE

MIXED VEGETABLES

STRAWBERRIES