October, 2022 Breakfast, Lunch & Supper

3rd
BREAKFAST PIZZA
CHEESEBURGER
WAFFLE FRIES
STEAMED CARROTS
GRAPES
SWEET & SOUR CHICKEN
VEGETABLE FRIED RICE
MIXED FRUIT SALAD

4th
EGG & CHEESE
BOSCO STICK
CHEESE PIZZA
GREEN BEANS
CORN
PINEAPPLE
BEEF TACO SALAD
TORTILLA CHIPS
LETTUCE, TOMATO,
SALSA, CHEESE
FRUIT COCKTAIL

5th
DONUT/OATMEAL
BEEF, BEAN & CORN ENCHILADAS
MEXED VEGETABLES
SIDE SALAD
DICED PEARS
BEEF TACO SALAD
TORTILLA CHIPS
LETTUCE, TOMATO,
SALSA, CHEESE
FRUIT COCKTAIL

6th
PANCAKES W/ SYRUP
LEMON PEPPER TILAPIA
ROLL
SAUTEED SPINACH
RED POTATOES
BANANA
TAMALE PIE W/ CHEESE
GREEN BEANS
PEACHES
CHURROS

7th
GPSD MENU
BEEF HOT DOG
TATER TOTS
VEGETABLE BLEND
FROZEN FRUIT CUP
7th
SUPPER GPSD MENU

LASAGNA
ITALIAN VEGETABLE BLEND
FRUIT MIX
SHERBET

10th
SCRAMBLED EGGS & TOAST

PEPPERONI PIZZA
STEAMED BROCCOLI
GLAZED CARROTS
PINEAPPLE

CHICKEN NACHOS
LETTUCE, TOMATO, SALSA
CHEESE SAUCE
REFRIED BEANS
FRUIT COBBLER

11th
EGG & POTATO
BREAKFAST BOAT

CHICKEN NUGGETS
W/ MACARONI & CHEESE
STEAMED BROCCOLI
CORN ON THE COB
APPLE SLICES

MEATLOAF
MACARONI & CHEESE
GREEN BEANS
MANDARIN ORANGE JELLO SALAD

12th
BISCUITS & GRAVY OR
FRUIT STRUDEL

SALISBURY STEAK W/ ROLL
MASHED POTATOES & GRAVY
SAUTEED ONIONS & PEPPERS
MANDARIN ORANGES

13th
NO SCHOOL

14th
NO SCHOOL

17th
BREAKFAST PIZZA

MANDARIN ORANGE CHICKEN
VEGETABLE FRIED RICE
ORIENTAL VEGETABLES
FRUIT COCKTAIL

17th - SUPPER
TATER TOT CASSEROLE
MIXED GREENS SALAD
MIXED VEGETABLES
APPLESAUCE
18TH
EGG & CHEESE
BOSCO STICK
SLOPPY JOE ON BUN
WAFFLE FRIES
BAKED BEANS
PEACHES
HAM & CHEESE HOT POCKET
PEAS
STRAWBERRIES

19TH
OATMEAL/MUFFINS
Fiestada Pizza
ROASTED CAULIFLOWER
CARROTS
BAKED APPLES
Oven-Fried Chicken Legs
ROLL
MAHED POTATOES W/ GRAVY
MIXED FRUIT SALAD

20TH
FRENCH TOAST STICKS
W/ SYRUP
CHILI CHEESE FRITOS
CARROTS & CELERY STICKS
PEARS
CINNAMON ROLL
BEEF TACO SALAD
TORTILLA CHIPS
LETTUCE, TOMATO,
SALSA, CHEESE
FRUIT COCKTAIL

21TH
SAUSAGE, EGG, & CHEESE
ENGLISH MUFFIN
FISH SANDWICH
GREEN BEANS
CREAMY COLESLAW
BANANA

24TH
MINI WAFFLES
W/ SYRUP
BBQ PORK PATTY ON BUN
GLAZED CARROTS
SLICED APPLES

24TH - SUPPER
GENERAL TSO CHICKEN
STEAMED RICE
EGG ROLL
GARDEN PEAS
PINEAPPLE
25TH
PANCAKE ON A STICK
CHICKEN QUESADILLA
CORN
REFRIED BEANS
APPLESAUCE
MACARONI & CHEESE
W/ LITTLE SMOKIES
SPINACH
MIXED FRUIT

26TH
BREAKFAST BURRITO
BEEF STEAK FINGERS
DINNER ROLL
MASHED POTATOES W/ GRAVY
GREEN BEANS
MIXED FRUIT SALAD
PEPPERONI PIZZA
STEAMED BROCCOLI
ICE CREAM CUP

27TH
MUFFINS/STRING CHEESE
CHICKEN ALFREDO
W/ GARLIC BREAD
VEGETABLE BLEND
GRAPES
SHEPHERD'S PIE
ROLL
MIXED VEGETABLES
CHERRY COBBLER

28TH
SCRAMBLED EGGS & TOAST
CHEESEBURGER
TATER TOTS
MIXED VEGETABLES
SLICED PEARS

31TH
PUMPKIN MUFFIN/OATMEAL
MUMMY DOG
VAMPIRE VEGGIES
SPOOKY STRAWBERRIES
CREEPY COOKIE
GHOSTLY MILK OR WITCH'S BREW
BREADED PORK STEAK
SCALLOPED POTATOES
JACK O' Lantern Pretzel
PEARS