

OCTOBER 2023

INGRAM ELEMENTARY SCHOOL

*MENUS ARE SUBJECT TO CHANGE

Monday

STEAK FINGERS **2**
WG DINNER ROLL
MASHED POTATOES
GREEN BEANS
PEACHES
MILK

Tuesday

PIZZA **3**
CORN
TOSSED SALAD W/ RANCH
APPLESAUCE
MILK

Wednesday

SOFT TACO **4**
PINTO BEANS
LETTUCE & TOMATO
PINEAPPLE
MILK

Thursday

ORANGE CHICKEN **5**
FRIED RICE
BROCCOLI
CARROTS
PEARS
MILK

Friday

HOT DOG **6**
FRENCH FRIES
BAKED BEANS
CHILLED FRUIT
MILK

Holiday

PIZZA **9**
CORN
BREAD STICK
TOSSED SALAD W/ RANCH
APPLESAUCE
MILK

BEAN BURRITO **10**
VEGGIE CUP W/ RANCH
BROCCOLI
PINEAPPLE
MILK

CHOPPED BBQ **11**
BABY POTATOES
BAKED BEANS
PEARS
MILK

SCIENCE **12**
ALIVE
SACK LUNCHES

CHICKEN NUGGETS **16**
WG DINNER ROLL
MASHED POTATOES
GREEN BEANS
PEACHES
MILK

PIZZA **17**
CORN
TOSSED SALAD W/ RANCH
APPLESAUCE
MILK

BEEF NACHOS **18**
W/ CORNBREAD
PINTO BEANS
LETTUCE & TOMATO
PINEAPPLE
MILK

CHEESE STICK **19**
W/ MARINARA
BROCCOLI
CARROTS
PEARS
MILK

CHEESEBURGER **20**
TATER TOTS
BURGER SALAD
CHILLED FRUIT
MILK

SALISBURY STEAK **23**
WG DINNER ROLL
BROCCOLI
CARROTS
PEACHES
MILK

PIZZA **24**
GREEN BEANS
TOSSED SALAD W/ RANCH
APPLESAUCE
MILK

TACO **25**
W/ CORNBREAD
PINTO BEANS
LETTUCE & TOMATO
PINEAPPLE
MILK

MINI CORNDOGS **26**
CORN
PEAS
MIXED FRUIT
MILK

HAMBURGER **27**
FRENCH FRIES
BURGER SALAD
CHILLED FRUIT
MILK

CHICKEN NUGGETS **30**
WG DINNER ROLL
MASHED POTATOES
GREEN BEANS
PEACHES
MILK

PIZZA **31**
CORN
TOSSED SALAD W/ RANCH
APPLESAUCE
MILK

AVAILABLE DAILY: 1% WHITE MILK AND FAT FREE CHOCOLATE
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER