

# OCTOBER 2023

Type Your School Name Here

## LUNCH



**School Information:** Type your school information here.



**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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

Frito Pie **2**  
Refried Beans  
Fresh Fruit  
Milk

Spaghetti **3**  
Breadstick  
Green Beans  
Fresh Fruit  
Milk

Chicken Patty **4**  
Potato w/gravy  
Hot Roll  
Fresh Fruit  
Milk

Cheeseburger **5**  
Sweet potato fry  
Fresh Fruit  
Milk

Crispito **6**  
Broccoli w/Ranch  
Fresh Fruit  
Milk

Grilled Cheese **9**  
Tomato Soup  
Fresh Fruit  
Milk

Chicken Alfredo **10**  
Breadstick  
Steamed Broccoli  
Fresh Fruit  
Milk

Steak Fingers **11**  
Potato w/gravy  
Hot Roll  
Fresh Fruit  
Milk

No School **12**

No School **13**

No School **16**

No School **17**

Chicken Patty **18**  
Potato w/gravy  
Hot Roll  
Fresh Fruit  
Milk

Hot Dog **19**  
Carrots w/ranch  
Fresh Fruit  
Milk

Pizza **20**  
Spinach Salad  
Fresh Fruit  
Milk

Enchiladas **23**  
Refried Beans  
Mexi Rice  
Fresh Fruit  
Milk

Mac & Cheese **24**  
Green Beans  
Fresh Fruit  
Milk

Chicken Fried Steak **25**  
Potato w/gravy  
Hot Roll  
Fresh Fruit  
Milk

Meatball Sub **26**  
Carrots w/ranch  
Fresh Fruit  
Milk

Bosco Stick w/marinara **27**  
Spinach Salad  
Fresh Fruit  
Milk

Ravioli **30**  
Breadstick  
Green Beans  
Fresh Fruit  
Milk

**Halloween** **31**  
Mini Corn Dogs  
Tater Tots  
Fresh Fruit  
Milk

