




**Erwin Craighead Elementary School
October 2023 Breakfast and Lunch Menu
October 2 – October 31**

Monday	Tuesday	Wednesday	Thursday	Friday
Oct 2 Pepperoni Pizza Pocket, corn French Fries, Garden Salad Fruit cup, milk	Oct 3 Breaded Chicken Patty, Green Beans Yam Patty, Rolls Fruit Cup, milk	Oct 4 Pork Patty on Bun Vegetarian Beans Potato Salad, Fruit Cup, Milk	Oct 5 Oven Roasted Crispy Chicken Wings Mashed Potato, Black Eyed Peas, Fruit cup, Milk	Oct 6 Cheeseburger, Tater Tots, Broccoli Florets Lettuce & Tomato Fruit cup, Milk
Oct 9 	Oct 10 Spaghetti, Garden Salad, Green Bean, Breadstick, Fruit Cup, Milk	Oct 11 Breaded Steak Patty Mashed Potato Pea & Carrots, Fresh Banana, Fruit Cup, Milk	Oct 12 Pepperoni pizza pocket, crinkle french fries, Rice Krispie Treat, mini fruit cup, corn on the cob	Oct 13 Hot Dog, Cole Slaw Potato Wedges, Vegetarian Bean Fruit Cup Milk
Oct 16 Salisbury Steak Mashed Potato & Gravy, Pea & Carrots, Roll Fruit Cup, Milk	Oct 17 Calzone Pizza, Corn, Garden Salad Rice Krispie Treat Fruit Cup, Milk	Oct 18 Cheeseburger French Fries, Vegetarian Bean, Lettuce & Tomato Fruit Cup, Milk	Oct 19 Chicken Chili Crispito , Pinto Bean Lettuce & tomato cheese, Fruit Cup, Milk	Oct 20 Turkey sub on bun, pickle spear, cookie, carrots (raw) Ranch Dressing, Chips, Fruit Cup, Milk
Oct 23 Teriyaki Chicken Fried Rice, Mix Vegetable, Egg Rolls, Fruit Cup, Milk	Oct 24 Spaghetti, Green Bean, Garden Salad, Breadstick, Fruit Cup, Milk	Oct 25 Chicken Patty on Bun Sweet Potato Fries Broccoli Floret Lettuce & Tomato Fruit Cup, Milk	Oct 26 Hoagie Style Beef Patty, Potato Fries Pea & Carrots Lettuce & Tomato Fruit Cup, Milk	Oct 27 Deli Ham & Turkey Sub, lettuce & Tomato Baby Carrots Raw Ranch Dressing, Chips, Pickle Spear Cookie, Fruit Cup Milk
Oct 30 Pizza Pocket Meatball French Fries Garden Salad Rice Krispie Treat Fruit Cup, Milk	Oct 31 Deli Ham & Turkey Sub Lettuce & tomato Baby Carrots Raw Ranch Dressing, Chip, Pickle Spear , Cookie Fruit Cup, Milk			

Breakfast
10/2: Sausage Biscuit 10/3: Pancakes on a Stick 10/4: Cereal & Yogurt 10/5: Breakfast Wrap 10/6: Breakfast Pizza & Yogurt
10/9: Teacher Workday 10/10: Sausage Biscuit 10/11: Breakfast Calzone 10/12: Cereal & Yogurt 10/13: Waffles & Omelet
10/16: Breakfast Sandwich 10/17: Cereal & Yogurt 10/18: Breakfast Pizza & Yogurt 10/19: Ham & Cheese Croissant 10/20: Sausage Biscuit
10/23: Breakfast Hot Pocket 10/24: Breakfast Wrap 10/25: Cereal & Yogurt 10/26: Pancakes on a Stick 10/27: Apple Frudel & Yogurt
10/30: Breakfast Pizza 10/31: Waffles & Sausage
Juice or fruit is served with breakfast daily.

**Milk is also Served with lunch .
*Menu subject to change.**