

# OCT 2022

GEAR UP FOR  
**SWIM CLASS**



## ANNOUNCEMENTS:

**Be adventurous!**  
Expand your tastes to enjoy a variety of foods. Make it a weekly goal to try a new fruit or vegetable — it may end up being one of your favorites!

Flavored, low-fat milk (1%) in addition to unflavored, low-fat milk and flavored or unflavored nonfat milk.

Menu Subject to Change



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Italian Spaghetti with Garlic Toast PBJ Carrot Coins Steamed Broccoli Peaches & Cream	Pan Pepperoni Pizza Grilled Cheese Sandwich Fresh Veggie w/Ranch Marianna Cup Fruit Cup Dried Cranberries	Chicken Nuggets w/Roll Seasoned Green Beans Mashed Potatoes w /Gravy Assorted Fruit Cups Dried Fruit	PBJ Beefy Nacho's w/ Scooby Doo Bones Cinnamon Graham Pinto Beans - Sweet Corn Fresh Berry Mix - Applesauce	Crispy Chicken Sandwich French Fries Fresh Carrot Sticks Watermelon Wedges or Navel Orange
Hot Dog w/ Baked Cheeto Puffs Grilled Cheese Sandwich Curly Sweet Fries Pinto Beans Apple or Orange Smiles	Slice Pepperoni Pizza PBJ Steamed Broccoli w/wo Cheese Sauce Mini Carrots Applesauce	Beef Finger Steak w/Roll Seasoned Green Beans Mashed Potatoes /Gravy Assorted Fruit Cups Dried Fruit	Taco Beef Snack w/wo Cheese Sauce Corn Dog Sweet Corn Eagle Hot Sauce Fresh Orange Wedges	<b>Student Holiday</b>
<b>Student Holiday</b>	Personal Pan Pizza PBJ Corn Cobbett's Spinach Bake Marinara Sauce Cup Side Kicks Fruit	Chicken Nuggets w/Roll Seasoned Green Beans Mashed Potatoes /Gravy Assorted Fruit Cups Dried Fruit	Fish Sticks w/Mac & Cheese Mini Corn Dogs Sweet Potato Fries Cheesy Broccoli Berry Mix Dried Fruit	Hamburger Smiley Fries Baked Beans Fresh Honeydew or Whole Fresh Fruit
Pizza – Cheese Grilled Cheese Sandwich Steamed Broccoli Mixed Veggie Salad Apple or Banana	Chicken Sliders with Pickles – PBJ Lettuce & Tomato Colossal Fries Mini Carrots Applesauce	Chicken Drumstick w/Roll Seasoned Green Beans Mashed Potatoes /Gravy Assorted Fruit Cups Dried Fruit	PBJ Beefy Taco's Taco Cup Sweet Corn Pinto Beans Fresh Whole Strawberries	Corn Dog w/ Chips Fresh Vegetable Cup Ranch Style Beans Green & Red Grapes or Apple Slices
Mummy Dogs Count Broccula Spooky Carrot Curls Pumpkin Oranges Boo – Berries Halloween Treat				

