

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

Italian Spaghetti with Garlic Toast **3**
PBJ
Carrot Coins
Steamed Broccoli
Peaches & Cream

Chicken & Cheese Crisпитos w/CS **10**
Turkey & Cheese Sandwich
Curly Sweet Fries
Pinto Beans
Apple or Orange Smiles

Student Holiday **17**

Pizza – Cheese **24**
Turkey & Cheese Sandwich
Steamed Broccoli
Mixed Veggie Salad
Apple or Banana

Mummy Dogs **31**
Count Broccoli
Spooky Carrot Curls
Pumpkin Oranges
Boo – Berries
Halloween Treat

TUESDAY

Pan Pepperoni Pizza **4**
Chicken Noodle Soup & Grilled Cheese Sandwich
Fresh Veggie w/Ranch
Marianna Cup
Applesauce - Cranberries

Slice Pepperoni Pizza **11**
PBJ
Steamed Broccoli w/wo Cheese Sauce
Mini Carrots
Applesauce - Whole Fruit

Personal Pan Pizza **18**
Beef Vegetable Soup & Grilled Cheese Sandwich
Corn Cobbett's
Spinach Bake
Marinara Sauce Cup
Side Kicks Fruit

Chicken Sliders with Honey Mustard **25**
Lettuce & Tomato
Colossal Fries
Mini Carrots
Applesauce - Whole Fruit

WEDNESDAY

Chicken Nuggets w/Roll **5**
Beef Fingers w/Roll
Seasoned Green Beans
Mashed Potatoes /Gravy
Assorted Fruit Cups
Fruit Juice

Salisbury Steak w/Roll **12**
Chicken Rings w/Roll
Seasoned Green Beans
Mashed Potatoes /Gravy
Assorted Fruit Cups
Fruit Juice

Chicken Nuggets w/Roll **19**
Beef Fingers w/Roll
Seasoned Green Beans
Mashed Potatoes /Gravy
Assorted Fruit Cups
Fruit Juice

Chicken Drumstick w/Roll **26**
Beef Dippers w/Roll
Seasoned Green Beans
Mashed Potatoes /Gravy
Assorted Fruit Cups
Fruit Juice

THURSDAY

PBJ **6**
Beefy Nacho's w/ Scooby Doo Bones Cinnamon Graham
Pinto Beans - Sweet Corn
Fresh Berry Mix - Applesauce

Taco Salad **13**
Corn Dog
Sweet Corn
Eagle Hot Sauce
Side Kick Fruit Cup
Fresh Orange Wedges

Fish Sticks w/Mac & Cheese **20**
Mini Corn Dogs
Sweet Potato Fries
Cheesy Broccoli
Berry Mix Dried Fruit

PBJ - Beefy Taco's **27**
Taco Cup
Sweet Corn
Pinto Beans
Fresh Whole Strawberries
Applesauce

FRIDAY

Crispy Chicken Sandwich **7**
Pizza Cheese Sticks
French Fries
Fresh Carrot Sticks
Watermelon Wedges or Navel Orange

Student Holiday **14**

Hamburger **21**
Hot Dog
Smiley Fries
Baked Beans
Fresh Honeydew or Whole Fresh Fruit

BBQ Rib on Bun or Ham & Cheese on Croissant Both w/ Chips **28**
Fresh Vegetable Cup
Ranch Style Beans
Green & Red Grapes or Apple Slices

