

# 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 Carrot Coins Steamed Broccoli Peaches & Cream	Pan Pepperoni Pizza Fresh Veggie w/Ranch Marianna Cup Applesauce	Chicken Nuggets w/Roll Seasoned Green Beans Mashed Potatoes Assorted Fruit Cups	Beefy Nacho's w/ Scooby Doo Bones Cinnamon Graham Pinto Beans Sweet Corn Applesauce	Crispy Chicken Sandwich French Fries Fresh Carrot Sticks Watermelon Wedges
Hot Dog w/ Baked Cheeto Puffs Curly Sweet Fries Pinto Beans Orange Smiles	Slice Pepperoni Pizza Steamed Broccoli w/CS Mini Carrots Applesauce	Chicken Rings w/Roll Seasoned Green Beans Mashed Potatoes Assorted Fruit Cups	Taco Beef Snack w/CS Sweet Corn Pinto Beans Fruit	Student Holiday
Student Holiday	Slice Cheese Pizza Mixed Vegetables Marinara Sauce Cup Side Kicks Fruit	Chicken Nuggets w/Roll Seasoned Green Beans Mashed Potatoes Assorted Fruit Cups	Mini Corn Dogs Sweet Potato Fries Cheesy Broccoli Fresh Berry Mix	Hamburger Smiley Fries Baked Beans Fresh Honeydew
Pizza – Cheese Steamed Broccoli Mixed Vegetables Apple or Banana	Chicken Sliders with Pickles Colossal Fries Mini Carrots Applesauce	Chicken Drumstick w/Roll Seasoned Green Beans Mashed Potatoes Assorted Fruit Cups	Beefy Taco's Taco Cup Sweet Corn Pinto Beans Fresh Whole Strawberries	BBQ Rib on Bun w/ Chips Fresh Vegetable Cup Ranch Style Beans Green & Red Grapes
Mummy Dogs Count Broccula Spooky Carrot Curls Boo Berries Halloween Treat				

