

OCTOBER 2022

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

8

15

22

29

2

3

BANANA
MUFFIN

ITALIAN
SALAD WITH
DINNER ROLL

4

COCO PUFFS &
WG CRACKERS

THREE CHEESE
MAC & CHEESE
W/BBQ BEANS

5

BLUEBERRY MUFFIN

GARLIC PESTO
CHEESE PASTA
W/CARROT STICKS

6

CINNAMON FRENCH
TOAST

CHICKEN NUGGETS
W/CORN

7

COFFEE CINNAMON
CRUMBLE

CHINESE CHICKEN
SALAD WITH
DINNER ROLL

9

10

11

12

13

14

NO SCHOOL

16

17

YOGURT & GRAHAM
CRACKERS

CAJUN CHEESE
PASTA W/CARROT
STICKS

18

LUCKY CHARMS
& WG CRACKERS

BEEF & CHEESE
NACHOS W/PINTO
BEANS

19

BLUEBERRY
MUFFIN

CAESAR CHICKEN
SALAD & DINNER
ROLL

20

EGG & SOYRIZO
BURRITO

TURKEY HOT DOG
ON BUN W/CORN

21

COFFEE CINNAMON
CRUMBLE

CHINESE CHICKEN
SALAD & DINNER
ROLL

23

24

MEXICAN CONCHA

ITALIAN ANTIPASTO
SALAD & DINNER
ROLL

25

TRIX & WG
CRACKERS

SANTA FE CHICKEN
SALAD & DINNER
ROOL

26

BANANA MUFFIN

CHIPOTLE CHEESE
PASTA SALAD
W/BBQ BEEN SALAD

27

COCO PUFFS & WG
CRACKERS

SOUTHWEST
CHICKEN W/BROWN
RICE & CORN

28

STRING CHEESE &
GRAHAM CRACKER

HAWAIIAN CKICKEN
W/BROWN RICE &
CARROTS

30

31

YOGURT & GRAHAM
CRACKERS

ITALIAN ANTIPASTO
SALAD & DINNER ROLL

HAPPY HALLOWEEN