



# October 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Macaroni & Cheese with Hot Dog bites Green Beans Peaches	3 Beef Stroganoff Broccoli Pears	4 Chicken & Dumplings Peas & Carrots Peaches	5 Rigatoni & Meatballs Green Beans Pears	6 Grilled Cheese Sandwiches Tomato Soup Applesauce	7 
8	9 Chicken Chili Corn Crackers Applesauce	10 Deli Sandwiches Carrots & Celery Fresh Fruit	11 Sloppy Joe Sandwiches Green Beans Peaches	12 Chicken & Rice Peas & Carrots Mandarin Oranges	13 Scribes is Closed!!  PD/Curriculum Day	14
15	16 Swedish Meatballs & Noodles Corn Peaches	17 Ham, Broccoli & Cheesy Rice Casserole Applesauce	18 Chicken Patty sandwiches Cucumbers Peaches	19 Spaghetti & Meat sauce Green Beans Apple Slices	20 Fish Sandwiches Salad Mandarin Oranges	21
22	23 Chicken Paprikash With Noodles Peas & Carrots Peaches	24 Cheeseburger on a Bun Tater Tots Pickles Orange Slices	25 Kielbasa and Noodles Mixed Vegetables Peaches	26 Sweet & Sour Meatballs with Rice Carrots Pears	27 Bologna & Cheese with crackers Fresh Vegetables Fresh Fruit	28
29	30 Chicken Noodle Casserole Peas & Carrots Peaches	31 Peanut Butter & Jelly Sandwiches Celery Apples & Oranges				

- 100% Fruit Juice or Milk is served daily as the beverage for breakfast and snack. Milk is provided and served daily as the beverage for lunch.
- Breakfast consists of items from two food groups. Some breakfast items include: Waffles, Cereal, Pancakes, French Toast Sticks, Fruit & Grain bars, yogurt, and fresh or canned fruit.
- Snack consists of items from two food groups. Some snack items include: Pretzels w/ Cream Cheese, Ritz Crackers w/ sliced cheese, veggie straws w/dip, 100% fruit snacks and yogurt tubes.