

# October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> <b>Sweet and Sour Chicken Bites, Steamed Rice, Roasted Broccoli, Fruit, Milk Variety</b>	<b>4</b> <b>Beef Burgers on a Costanzo Roll, French Fries, Pickle, Fruit, Milk Variety</b>	<b>5</b> <b>BBQ Chicken Quesadillas, Roasted Cauliflower, Fruit, Milk Variety</b>	<b>6</b> <b>Chicken Fingers Macaroni and Cheese, Green Beans, Fruit, Milk</b>	<b>7</b> <b>Pizza with Turkey Pepperoni, Garden Salad, Fruit, Milk Variety</b>
<b>10</b> <b>No School Indigenous Peoples Day</b>	<b>11</b> <b>Half Day for Students Staff Development</b>	<b>12</b> <b>Chicken Bites, Belgium Waffles, Syrup. Roasted Sweet Potatoes, Fruit, Milk Variety</b>	<b>13</b> <b>Chicken Alfredo, Penne Pasta, Green Beans, Fruit, Milk Variety</b>	<b>14</b> <b>Nachos with Beef and Cheese Sauce, Corn Fruit, Milk Variety</b>
<b>17</b> <b>Breaded Chicken Sandwich, French Fries, Fruit, Milk Variety</b>	<b>18</b> <b>Cold Cut Subs (Turkey or Ham), Bag of Chips, Lettuce, Tomato, Pickle, Fruit, Milk Variety</b>	<b>19</b> <b>Grilled Cheese, Tomato Soup, Roasted Cauliflower, Fruit, Milk Variety</b>	<b>20</b> <b>Spaghetti with Beef Meat Sauce, Roasted Broccoli, Parmesan Cheese, Breadstick, Fruit, Milk Variety</b>	<b>21</b> <b>Beef Taco on Flour Tortilla, Corn, Steamed Rice, Beans, Fruit, Milk Variety</b>
<b>24</b> <b>Sweet and Sour Chicken Bites, Steamed Rice, Roasted Broccoli, Fruit, Milk Variety</b>	<b>25</b> <b>Beef Burgers on a Costanzo Roll, French Fries, Pickle, Fruit, Milk Variety</b>	<b>26</b> <b>BBQ Chicken Quesadillas, Roasted Cauliflower, Fruit, Milk Variety</b>	<b>27</b> <b>Chicken Fingers Macaroni and Cheese, Green Beans, Fruit, Milk Variety</b>	<b>28</b> <b>Pizza with Turkey Pepperoni, Garden Salad, Fruit, Milk Variety</b>
<b>31</b> <b>Chicken Bites, Belgium Waffles, Syrup. Roasted Sweet Potatoes, Fruit, Milk Variety</b>	<b>1</b> <b>Beef and Cheese Empanadas, Roasted Broccoli, Fruit, Milk</b>	<b>2</b> <b>Chicken Finger Sub (Hot or Regular), Roasted Cauliflower, Fruit, Milk Variety</b>	<b>3</b> <b>Chicken Alfredo, Penne Pasta, Green Beans, Fruit, Milk Variety</b>	<b>4</b> <b>Nachos with Beef and Cheese Sauce, Corn Fruit, Milk Variety</b>

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