

# **October 2023**

*\*Menu subject to change. Salad Bar served at lunch daily. Milk served with all meals.\**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <b>2 BREAKFAST</b><br>Waffles<br>Fruit/Juice<br><b>LUNCH</b><br>Orange Chicken<br>Fried Rice<br>Peas<br>Fruit                   | <b>3 BREAKFAST</b><br>Cereal<br>Toast<br>Fruit/Juice<br><b>LUNCH</b><br>Meatballs<br>Mashed Potatoes<br>Corn          | <b>4 BREAKFAST</b><br>Egg Muffins<br>Toast<br>Fruit<br><b>LUNCH</b><br>Chicken Noodle Soup<br>Sandwiches<br>Fruit                 | <b>5 BREAKFAST</b><br>Bagels<br>Smoothies<br><b>LUNCH</b><br>Taco Salad<br>Chips<br>Corn<br>Fruit                      | <b>6 BREAKFAST</b><br>Oatmeal<br>Toast<br>Fruit/Juice<br><b>LUNCH</b><br>Spaghetti<br>Bread Sticks<br>Green Beans<br>Fruit |
| <b>9 BREAKFAST</b><br>Pancake Wraps<br>Fruit/Juice<br><b>LUNCH</b><br>Beef Stroganoff<br>Corn<br>Fruit                          | <b>10 BREAKFAST</b><br>Cereal<br>Toast<br>Fruit/Juice<br><b>LUNCH</b><br>Chicken Tortilla Soup<br>Sandwiches<br>Fruit | <b>11 BREAKFAST</b><br>Hard Boiled Eggs<br>Toast<br>Fruit/Juice<br><b>LUNCH</b><br>Pizza<br>Green Beans<br>Fruit                  | <b>12 BREAKFAST</b><br>Muffins<br>Yogurt<br>Fruit/Juice<br><b>LUNCH</b><br>Hamburgers<br>French Fries<br>Corn<br>Fruit | <b>13 BREAKFAST</b><br>Scrambled Eggs<br>Toast<br>Fruit/Juice<br><b>LUNCH</b><br>Tomato Soup<br>Grilled Cheese<br>Fruit    |
| <b>16 BREAKFAST</b><br>Pancakes<br>Fruit/Juice<br><b>LUNCH</b><br>Potato Dumplings<br>Pork Roast<br>Sauerkraut<br>Corn<br>Fruit | <b>17 BREAKFAST</b><br>Cereal<br>Toast<br>Fruit<br><b>LUNCH</b><br>Pulled Pork<br>Beans<br>Fries<br>Fruit             | <b>18 BREAKFAST</b><br>Cheese Omelets<br>Toast<br>Fruit/Juice<br><b>LUNCH</b><br>Tater Tot Hotdish<br>Green Beans<br>Fruit        | <b>19</b><br>                       | <b>20</b><br>                         |
| <b>23 BREAKFAST</b><br>Waffles<br>Fruit/Juice<br><b>LUNCH</b><br>Chicken Bacon Ranch<br>Wrap<br>Peas<br>Fruit                   | <b>24 BREAKFAST</b><br>Cereal<br>Toast<br>Fruit/Juice<br><b>LUNCH</b><br>Lasagna<br>Breadsticks<br>Corn<br>Fruit      | <b>25 BREAKFAST</b><br>Egg Bake<br>Toast<br>Fruit/Juice<br><b>LUNCH</b><br>Chicken Burger<br>French Fries<br>Green Beans<br>Fruit | <b>26</b><br>                      | <b>27</b><br>                         |
| <b>30 BREAKFAST</b><br>Pancake Wraps<br>Fruit/Juice<br><b>LUNCH</b><br>Chili<br>Rolls<br>Fruit                                  | <b>31 BREAKFAST</b><br>Cereal<br>Toast<br>Fruit/Juice<br><b>LUNCH</b><br>Baked Potato Bar<br>Green Beans<br>Fruit     |   |  |  |

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.