# 2022 - October Menu

## October 3-7, 2022

MONDAY:

Breakfast: Breakfast Pizza

Lunch: Cheeseburger, Waffle Fries, Steamed Carrots, And Grapes

Dinner: Sweet & Sour Chicken, Vegetable Fried Rice, and Mixed Fruit Salad

TUESDAY:

Breakfast: Egg & Cheese Bosco Stick

Lunch: Cheese Pizza, Green Beans, Corn, and Pineapple

Dinner: Beef Taco Salad, Tortilla Chips, Lettuce, Tomato, Salsa, Cheese, and Fruit Cocktail

WEDNESDAY:

Breakfast: Donut/Oatmeal

Lunch: Beef, Bean & Corn Enchiladas, Mixed Vegetables, Side Salad, and Diced Pears

Dinner: Grilled Chicken Sandwich, French Fries, and Mandarin Oranges

THURSDAY:

Breakfast: Pancakes w/ Syrup

Lunch: Beef Hot Dog, Tater Tots, Vegetable Blend, and Frozen Fruit Cup

Dinner: Tamale Pie w/ Cheese, Green Beans, Peaches, and Churros

FRIDAY:

Breakfast: Egg & Cheese Biscuit

Lunch: Lemon Pepper Tilapia, Roll, Sauteed Spinach, Red Potatoes, and Banana

## October 10-14, 2022

MONDAY

Breakfast: Scrambled Eggs & Toast

Lunch: Pepperoni Pizza, Steamed Broccoli, Glazed Carrots, and Pineapple

Dinner: Chicken Nachos, Lettuce, Tomato, Salsa, Cheese Sauce, Refried Beans, and Fruit Cobbler

TUESDAY

Breakfast: Egg & Potato Breakfast Boat

Lunch: Chicken Nuggets w/ Macaroni & Cheese, Mixed Vegetables, Corn On The Cob, and Apple Slices

Dinner: Meatloaf, Macaroni & Cheese, Green Beans, and Mandarin Orange Jello Salad

WEDNESDAY

Breakfast: Biscuits & Gravy or Fruit Strudel

Lunch: Salisbury Steak w/ Roll, Mashed Potatoes & Gravy, Sauteed Onions & Peppers, and Mandarin Oranges

Dinner: Chicken Alfredo Pasta, Breadstick, Peas, and Frozen Fruit Cup

THURSDAY

Breakfast: Mini Pancakes W/ Syrup

Lunch: Shredded Pork Bbq Sandwich, Mixed Green Salad, Scalloped Potatoes, and Mixed Fruit Salad

FRIDAY

NO SCHOOL

## October 17-21, 2022

MONDAY

Breakfast: Breakfast Pizza

Lunch: Mandarin Orange Chicken, Vegetable Fried Rice, Oriental Vegetables, and Fruit Cocktail

Dinner: ​​Tater Tot Casserole, Mixed Greens Salad, Mixed Vegetables, and Applesauce

TUESDAY

Breakfast: Egg & Cheese and Bosco Stick

Lunch: Sloppy Joe On Bun, Waffle Fries, Baked Beans, and Peaches

Dinner: Ham & Cheese Hot Pocket, Peas, and Strawberries

WEDNESDAY

Breakfast: Oatmeal/Muffins

Lunch: Fiestada Pizza, Roasted Cauliflower, Carrots, and Baked Apples

Dinner: Oven-Fried Chicken Legs, Roll, Mashed Potatoes w/ Gravy, and Mixed Fruit Salad

THURSDAY

Breakfast: French Toast Sticks w/ Syrup

Lunch: Chili Cheese Fritos, Veggie Sticks, Pears, and Cinnamon Roll

Dinner: Beef Taco Salad, Tortilla Chips, Lettuce, Tomato, Salsa, Cheese, and Fruit Cocktail

FRIDAY

Breakfast: Sausage, Egg, & Cheese and English Muffin

Lunch: Fish Sandwich, Green Beans, Creamy Coleslaw, and Banana

## October 24-28, 2022

MONDAY

Breakfast: Mini Waffles w/ Syrup

Lunch: Bbq Pork Patty On Bun, Glazed Carrots, and Sliced Apples

Dinner: General Tso Chicken, Steamed Rice, Egg Roll, Garden Peas, and Pineapple

TUESDAY

Breakfast: Pancake On A Stick

Lunch: Chicken Quesadilla, Corn, Refried Beans, and Applesauce

Dinner: Macaroni & Cheese w/ Little Smokies, Spinach, and Mixed Fruit

WEDNESDAY

Breakfast: Breakfast Burrito

Lunch: Beef Steak Fingers, Dinner Roll, Mashed Potatoes w/ Gravy, Green Beans, and Mixed Fruit Salad

Dinner: Pepperoni Pizza, Steamed Broccoli, and Ice Cream Cup

THURSDAY

Breakfast: Muffins/String Cheese

Lunch: Chicken Alfredo, w/ Garlic Bread, Vegetable Blend, and Grapes

Dinner: Shepherd’s Pie, Roll, Mixed Vegetables, and Cherry Cobbler

FRIDAY

Breakfast: Scrambled Eggs & Toast

Lunch: Cheeseburger, Tater Tots, Mixed Vegetables, and Sliced Pears

## October 31, 2022

MONDAY

Breakfast: Pumpkin Muffin/Oatmeal

Lunch: Mummy Dog, Vampire Veggies, Spooky Strawberries, Creepy Cookie, and Ghostly Milk Or Witch’s Brew

Dinner: Breaded Pork Steak, Scalloped Potatoes, Jack O’lantern Pretzel, and Pears