



October 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 <i>No School</i>	4 <i>No School</i>	5 <i>Soft Shell Taco</i> <i>Taco meat, Cheese,</i> <i>Lettuce, Salsa,</i> <i>Refried Beans</i> <i>Peas</i> <i>Watermelon</i>	6 <i>Tater –tot Casserole</i> <i>Steamed Broccoli</i> <i>Peaches</i> <i>WW Roll</i> <i>Cookie</i>	7 <i>Hot Roast Beef</i> <i>Sandwich w/ mashed</i> <i>Potatoes & gravy</i> <i>Green Salad w/ ranch</i> <i>1/2 Banana</i>	8
9	10 <i>Pancakes</i> <i>Scrambled Eggs</i> <i>Spinach</i> <i>Potato Triangle</i> <i>Orange Wedges</i>	11 <i>Meat Loaf</i> <i>Scalloped Potatoes</i> <i>Green Salad</i> <i>WW Roll</i> <i>Peaches</i>	12 <i>Spaghetti w/ meat</i> <i>sauce—Green Beans</i> <i>Pineapple</i> <i>WW Roll & Margarine</i>	13 <i>Hamburger on a</i> <i>bun</i> <i>French Fries</i> <i>Peas & Carrots</i> <i>Fruit Cocktail</i>	14 <i>Super Nachos</i> <i>w/ taco meat, black</i> <i>Beans, Cheese Sauce,</i> <i>Salsa - Corn</i> <i>Orange Wedges</i>	15
16	17 <i>Chicken Nuggets</i> <i>& Waffles</i> <i>Mixed Vegetables</i> <i>Applesauce</i>	18 <i>Hot Dog</i> <i>Tater tots</i> <i>Carrots w/ ranch</i> <i>Pears</i>	19 <i>Cheese Pizza</i> <i>Fresh Broccoli</i> <i>Green Salad w/ ranch</i> <i>Mandarin Oranges</i> <i>WW Roll & Margarine</i>	20 <i>Chicken & Pasta</i> <i>Alfredo</i> <i>Green Beans</i> <i>Peas</i> <i>Apples</i>	21 <i>No School</i>	22
23	24 <i>Soft Shell Taco</i> <i>Taco meat, salsa,</i> <i>Cheese, lettuce</i> <i>Tater Circles</i> <i>Apple—Cookie</i>	25 <i>Chili</i> <i>Cinnamon Rolls</i> <i>Wheat Crackers</i> <i>Peaches</i>	26 <i>Pancakes</i> <i>Sausage Patti</i> <i>Potato Triangle</i> <i>Spinach</i> <i>Oranges</i>	27 <i>Hamburger on a</i> <i>bun</i> <i>Steamed Broccoli</i> <i>French Fries</i> <i>Apricots</i>	28 <i>No School</i>	29
30	31 <i>Chicken Pattie</i> <i>Scalloped Potatoes</i> <i>Corn</i> <i>Pears</i>	1 <i>Super Nachos</i> <i>With Taco Meat,</i> <i>Black Beans &</i> <i>Cheese sauce</i> <i>Steamed Peas</i> <i>1/2 Banana</i>	2 <i>Fried Chicken</i> <i>Mashed Potatoes &</i> <i>Gravy—Carrots w/</i> <i>ranch</i> <i>Peaches</i> <i>Roll & Margarine</i>	3 <i>Grilled Cheese</i> <i>Tomato Soup</i> <i>Broccoli w/ ranch</i> <i>Grapes</i>	4 <i>Hamburger Pizza</i> <i>WW Roll</i> <i>Green Salad</i> <i>Green Beans</i> <i>Mandarin Oranges</i>	5
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