

October 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
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| | | | | | | 1 |
| 2 | 3 Hot Dogs, Chile, Potato Chips, Fruit, Milk & Water Milk or Bottled Water | 4 Spaghetti with Meat Sauce, Green Beans, Roll, Fruit, Milk or Water Milk or Bottled Water | 5 Cheese Pizza, Veggies, Fruit, Milk or Water Pepperoni Pizza, Veggies, Fruit, Milk or Water Milk or Bottled Water | 6 Chicken Express Chicken Tenders, Mac & Cheese, Roll, Fruit, Milk or Water Milk or Bottled Water | 7 BBQ Brisket Baked Potato, Baked Beans, Fruit, Milk or Water Corn Dog , Potato Chips, Fruit, Milk or Water Milk or Bottled Water | 8 |
| 9 | 10 Hamburger/Cheeseburger, Veggies, Tots, Fruit, Milk or Water Milk or Bottled Water | 11 Lasagna, Green Beans, Roll, Fruit, Milk or Water Corn Dog , Potato Chips, Fruit, Milk or Water Milk or Bottled Water | 12 Cheese Pizza, Veggies, Fruit, Milk or Water Pepperoni Pizza, Veggies, Fruit, Milk or Water Milk or Bottled Water | 13 Chicken Express Tenders/ Waffles, Fruit, Milk or Water Milk or Bottled Water | 14 Corn Dog , Potato Chips, Fruit, Milk or Water Frito Pie, Buttery Corn, Fruit Milk or Water Milk or Bottled Water | 15 |
| 16 | 17 BLT Sandwich, Chips, Fruit, Milk or Water Hot Pockets, Potato Chips, Fruit, Milk or Water Milk or Bottled Water | 18 Deconstructed Tacos, Refried Beans, Fruit, Milk or Water Milk or Bottled Water | 19 Cheese Pizza, Veggies, Fruit, Milk or Water Pepperoni Pizza, Veggies, Fruit, Milk or Water Milk or Bottled Water | 20 Chicken Express Chicken Tenders, Mashed Potatoes, Roll, Fruit, Milk or Water Milk or Bottled Water | 21 No School! Teacher In Service | 22 |
| 23 | 24 Hamburger/Cheeseburger, Veggies, Tots, Fruit, Milk or Water Milk or Bottled Water | 25 Spaghetti with Meat Sauce, Green Beans, Roll, Fruit, Milk or Water Milk or Bottled Water | 26 Cheese Pizza, Veggies, Fruit, Milk or Water Pepperoni Pizza, Veggies, Fruit, Milk or Water Milk or Bottled Water | 27 Chicken Express Chicken Tenders, Mac & Cheese, Roll, Fruit, Milk or Water Milk or Bottled Water | 28 Nachos w/Taco Meat, Refried Beans, Fruit, Milk or Water Milk or Bottled Water | 29 |

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| 30 | 31 BLT Sandwich, Chips, Fruit, Milk or Water Turkey and Cheese Sandwich, Chips, Fruit, Milk or Water Milk or Bottled Water | | | | | |