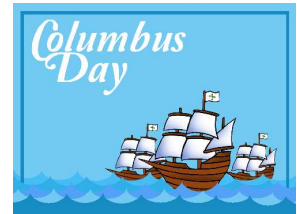




# October 2023

## Snack/Lunch Menu

All meals are served with milk and/or water, juice  
*We are a peanut free school*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
1	2 AM: Cheerios LUNCH: Beef stroganoff, vegetable medley (broccoli, cauliflower, carrots), pears PM: Club crackers	3 AM: Pancakes LUNCH: Chicken w/rice soup, cauliflower, tropical fruit cocktail PM: Strawberry parfait w/ fresh strawberries	4 AM: Vanilla parfait w/oats LUNCH: Slopy joe sandwich, green peas, mixed fruit PM: Goldfish	5 AM: French toast LUNCH: Beef ravioli in tomato sauce, green beans, applesauce. PM: Mixed fruit	6 AM: Waffles LUNCH: Turkey bologna and cheese sandwich, carrots, pineapple tidbits PM: Vanilla wafers	7																																																																																																		
8	9 AM: Bagels LUNCH: chicken alfredo, Sweet corn, tropical fruit cocktail PM: Cut up peaches	10 AM: Cinnamon raisin toast LUNCH: Creamy macaroni and cheese, mixed vegetables, diced peaches PM: Graham crackers	11 AM: Biscuits LUNCH: Italian meatballs, Broccoli, pears PM: Ritz Crackers	12 AM: Cheerios LUNCH: Fish cake, Vegetable medley, mixed fruit PM: Club crackers	13 AM: Pancakes LUNCH: Lasagna, cauliflower, applesauce PM: Pineapple tidbits	14																																																																																																		
15	16 AM: Vanilla parfait w/oats LUNCH: Chicken pattie sandwich w/ketchup, Green peas, pineapple tidbits PM: Strawberry parfait w/fresh strawberries	17 AM: French toast LUNCH: Creamy macaroni and cheese, Green beans, diced peaches PM: Goldfish	18 AM: Waffles LUNCH: Dinosaur chicken nuggets, carrots, pineapple tidbits PM: tropical fruit cocktail	19 AM: Bagels LUNCH: Spaghetti w/turkey meat balls, sweet corn, pears PM: Vanilla wafers	20 AM: Cinnamon raisin toast LUNCH: mexican salad (chicken, corn, beans, fresh tomatoes) mixed fruit PM: Cut up peaches	21																																																																																																		
22	23 AM: Biscuits LUNCH: Chicken salad sandwich, mixed vegetables, applesauce PM: Graham crackers	24 AM: Cheerios LUNCH: Gravy meatballs w/rice, broccoli, pineapple tidbits PM: Ritz crackers	25 AM: Pancakes LUNCH: Tacos, vegetable medley, diced peaches PM: Pineapple tidbits	26 AM: Vanilla parfait w/oats LUNCH: Chicken nuggets, cauliflower, tropical fruit cocktail PM: Goldfish	27 AM: French toast LUNCH: Turkey mac, Green peas, diced pears PM: Strawberry parfait w/fresh strawberries	28																																																																																																		
29	30 AM: Waffles LUNCH: Fish sticks, vegetable medley Green beans, mixed fruit PM: Vanilla wafers	31 AM: Pancakes w/o jelly LUNCH: Beefaroni in red meat sauce, carrots, diced pears PM: Cut up peaches	<table border="1"> <thead> <tr> <th colspan="7">Sep 2023</th> <th colspan="7">Nov 2023</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> </thead> <tbody> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td> </tr> </tbody> </table>				Sep 2023							Nov 2023							S	M	T	W	T	F	S	S	M	T	W	T	F	S						1	2				1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30		
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