

OCTOBER 2023 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bran Muffin 1% Low Fat Milk Orange Juice	3 Toast 1% Low Fat Milk Apple Juice	4 Honey Wheat Bagel 1% Low Fat Milk Peanut Butter Banana	5 Toast 1% Low Fat Milk Orange Juice	6 Apple Cinnamon Muffin 1% Low Fat Milk Banana
9 Toast 1% Low Fat Milk Blended Juice	10 Honey Wheat Bagel 1% Low Fat Milk Orange Juice	11 Toast 1% Low Fat Milk Banana	12 Apple Cinnamon Snack Loaf 1% Low Fat Milk Orange Juice	13 Toast 1% Low Fat Milk Banana
16 Toast 1% Low Fat Milk Apple Juice	17 Bran Muffin 1% Low Fat Milk Applesauce	18 Toast 1% Low Fat Milk Orange Juice	19 Honey Wheat Bagel 1% Low Fat Milk Peanut Butter Banana	20 Toast 1% Low Fat Milk Blended Juice
23 Apple Cinnamon Muffin 1% Low Fat Milk Apple Juice	24 Toast 1% Low Fat Milk Apple Juice	25 Honey Wheat Bagel 1% Low Fat Milk Jelly Banana	26 Toast 1% Low Fat Milk Orange Juice	27 Bran Muffin 1% Low Fat Milk Banana
30 Bran Muffin 1% Low Fat Milk Orange Juice	31 Toast 1% Low Fat Milk Apple Juice			

October 2023 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Hamburger on a Bun Cheesy Mashed Potatoes Carrots Coins 1% Low Fat Milk</p>	<p>3</p> <p>Chicken Thigh w/ Mojito Salsa Northern Beans w/ Peppers & Onions Confetti Corn 1% Low Fat Milk Whole Grain Bread</p>	<p>4</p> <p>Salisbury Patty w/Onion Beef Gravy Carrots & Cabbage 1% Low Fat Milk Whole Grain Bread</p>	<p>5</p> <p>Seasoned Chicken Thigh Veggie Blend Mashed Potatoes 1% Low Fat Milk Whole Grain Bread</p>	<p>6</p> <p>Mandarin Meatballs Country Veggies Broccoli 1% Low Fat Milk Whole Grain Bread</p>
<p>9</p> <p>Marinara Chicken Pasta Carrots & Peas 1% Low Fat Milk Whole Grain Bread</p>	<p>10</p> <p>Sloppy Joe on a Bun Cheesy Mashed Potatoes Black Eyed Peas 1% Low Fat Milk</p>	<p>11</p> <p>Black Bean Tacos w/Tortilla Stewed Tomatoes Zucchini & Onions 1% Low Fat Milk</p>	<p>12</p> <p>Pineapple Meatballs Country Veggies Cabbage 1% Low Fat Milk Whole Grain Bread</p>	<p>13</p> <p>Honey Orange Chicken Mashed Potatoes Carrot Coins 1% Low Fat Milk Whole Grain Bread</p>
<p>16</p> <p>Veggie Chili Zucchini & Onions Brown Rice 1% Low Fat Milk Whole Grain Roll</p>	<p>17</p> <p>Chicken Thigh w/ Gravy Northern Beans w/ Peppers & Onions Carrots 1% Low Fat Milk Whole Grain Bread</p>	<p>18</p> <p>Meatballs Marinara Pasta Veggie Blend 1% Low Fat Milk Whole Grain Bread</p>	<p>19</p> <p>Chicken and Rice Black Eyed Peas Confetti Corn 1% Low Fat Milk Whole Grain Roll</p>	<p>20</p> <p>Salisbury Patty w/Mushroom Gravy Mashed Potatoes Peas & Carrots 1% Low Fat Milk Whole Grain Bread</p>
<p>23</p> <p>Chicken Sandwich on a Bun Northern Beans w/ Peppers & Onions Veggie Medley 1% Low Fat Milk Whole Grain Bread</p>	<p>24</p> <p>Dinner Loaf w/Gravy Carrots & Cabbage 1% Low Fat Milk Whole Grain Bread</p>	<p>25</p> <p>Lemon Pepper Chicken Mashed Potatoes Veggie Blend 1% Low Fat Milk Whole Grain Bread</p>	<p>26</p> <p>Spaghetti w/Meat Sauce Broccoli Confetti Corn 1% Low Fat Milk Whole Grain Bread</p>	<p>27</p> <p>Chicken Teriyaki Meatballs Carrot Coins Zucchini & Onion 1% Low Fat Milk Whole Grain Bread</p>
<p>30</p> <p>Witch's Stew Mashed Potatoes Green Peas 1% Low Fat Milk Whole Grain Bread Holiday Dessert</p>	<p>31</p> <p>Chicken Thigh w/ Mojito Salsa Northern Beans w/ Peppers & Onions Confetti Corn 1% Low Fat Milk Whole Grain Bread</p>			