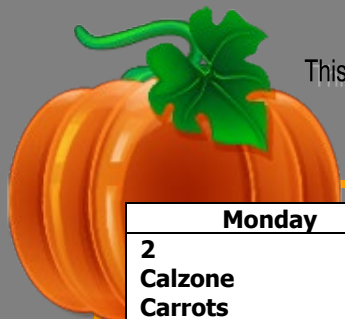


This menu is subject to change due to availability of food or school closure!  
This institution is an equal opportunity provider and employer.

# October 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Average Nutrients
<b>2</b> <b>Calzone</b> <b>Carrots</b> <b>Fruit</b> <b>Milk</b>	<b>3</b> <b>Rib Sandwich</b> <b>Corn</b> <b>Fruit</b> <b>Milk</b>	<b>4</b> <b>Salisbury Steak</b> <b>Potatoes</b> <b>Green Beans</b> <b>Fruit</b> <b>Milk</b>	<b>5</b> <b>Pizza</b> <b>Salad</b> <b>Fruit</b> <b>Milk</b>	<b>6</b> <b>Chicken Quesadilla</b> <b>Rice</b> <b>Brocoli</b> <b>Fruit</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>9</b> <b>Ham n Cheese pocket</b> <b>Corn</b> <b>Fruit</b> <b>Milk</b>	<b>10</b> <b>Meatball Sandwich</b> <b>Green Beans</b> <b>Fruit</b> <b>Milk</b>	<b>11</b> <b>Chicken Nuggets</b> <b>Mac n Cheese</b> <b>Fruit</b> <b>Milk</b>	<b>12</b> <b>Pizza Stick</b> <b>Salad</b> <b>Fruit</b> <b>Milk</b>	<b>13</b> <b>Grilled Cheese</b> <b>Tomato Soup</b> <b>Fruit</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>16</b> <b>Chicken Strips</b> <b>Mixed Veg</b> <b>Fruit</b> <b>Milk</b>	<b>17</b> <b>Corn Dog</b> <b>Carrots</b> <b>Fruit</b> <b>Milk</b>	<b>18</b> <b>General Tso</b> <b>Veg Rice</b> <b>Egg Roll</b> <b>Fruit</b> <b>Milk</b>	<b>19</b> <b>Pizza</b> <b>Green Beans</b> <b>Fruit</b> <b>Milk</b>	<b>20</b> <b>Sloppy Jo</b> <b>Buttered Noodles</b> <b>Fruit</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>23</b> <b>Hot Dog</b> <b>Carrots</b> <b>Fruit</b> <b>Milk</b>	<b>24</b> <b>Beef &amp; Cheese</b> <b>Nachos</b> <b>Corn</b> <b>Fruit</b> <b>Milk</b>	<b>25</b> <b>Chili</b> <b>Corn Bread</b> <b>Fruit</b> <b>Milk</b>	<b>26</b> <b>Pizza Stick</b> <b>Salad</b> <b>Fruit</b> <b>Milk</b>	<b>27</b> <b>Chicken Patty</b> <b>Green Beans</b> <b>Fruit</b> <b>Milk</b>	Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:
<b>30</b> <b>Cheese Burger</b> <b>Tator Tots</b> <b>Fruit</b> <b>Milk</b>	<b>31</b> <b>Walking Taco</b> <b>Salad</b> <b>Fruit</b> <b>Milk</b>				Calories: Total Fat: Saturated Fat: % Calories from Sat. Fat: Trans Fat: Carbohydrates: Protein: Sodium:

