



October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Yogurt and String Cheese Chicken Patty Sandwich Veggie Burger Steamed Corn	4 Cereal w/Graham Crackers Teriyaki Meatballs Veggie Meatballs Brown Rice Seasoned Black Beans	5 French Toast Sticks Sloppy Joe Veggie Sloppy Joe Sweet Potato Wedges	6 Yogurt and Graham Cracker Hot Dogs Chick'n Sandwich Seasoned Carrots	7 Cereal w/Graham Crackers Cheesy Baked Ziti Green Beans
10 No School	11 Bagel w/Cream Cheese BBQ Chicken BBQ Chick'n Cornbread Glazed Carrots	12 Cereal w/Graham Crackers Turkey Cheese Melt Chick'n Ranch Wrap Green Beans	13 Blueberry Bread Southwest Turkey Bowl Southwest Chick'n Bowl Seasoned Black Beans	14 French Toast Sticks Cheese Pizza Steamed Corn
17 Cereal w/Graham Crackers Hot Dog Veggie Burger Seasoned Carrots	18 Muffin and String Cheese Chicken w/Mac & Cheese Chick'n w/Mac & Cheese Green Beans	19 Bagel w/Cream Cheese Wellness Day – mid-day dismissal	20 Yogurt w/Graham Crackers BBQ Meatballs Veggie Meatballs Green Peas	21 Waffles Baked Chicken Pasta Baked Chick'n Pasta Roasted Broccoli
24 Yogurt w/Graham Cracker Chicken Aioli Sandwich Chick'n Aioli Sandwich Green Beans	25 Cereal w/Graham Crackers Chicken Nuggets Chick'n Nuggets Sweet Potato Wedges	26 French Toast Sticks Southwest Turkey Bowl Southwest Chick'n Bowl Black Beans	27 Banana Bread Cheese Pizza Steamed Corn	28 No School
31 Bagel w/Cream Cheese Hamburger Veggie Burger Seasoned Green Peas				