

**OCTOBER, 2023**

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| Mostaccioli<br>Garlic Bread<br>Meatball<br>Fruit<br>2                 | Beef Burger<br>Waffle Fries<br>Bun<br>Fruit<br>3                | Grilled Chicken<br>Brown Rice<br>Vegetables<br>Fruit<br>4          | Pizza Puffs<br>Garden Salad<br>Pineapples<br>5                          | Turkey & American<br>French Bread<br>Pears<br>Carrots<br>6                   |
| Chicken<br>Nuggets<br>Mac N<br>Cheese<br>Green Beans<br>Oranges<br>9  | Salisbury Steak<br>Mashed<br>Peas<br>Wheat Bread<br>Fruit<br>10 | Chicken Tett<br>Garlic Bread<br>Green Beans<br>Bananas<br>11       | Southwest<br>Turkey Wrap<br>Broccoli Cuts<br>Fruit<br>12                | Brown Rice, Chickem,<br>Veggie Stir Fry<br>Wheat Bread<br>Apple Slices<br>13 |
| Beef Burger<br>Waffle Fries<br>Bun<br>Fruit Snacks<br>16              | Chicken Taco<br>Spanish Rice<br>Tortillas<br>Pineapple<br>17    | BBQ Meatballs<br>Hot dog bun<br>Waffle Fries<br>Apple Sauce<br>18  | Turkey &<br>American<br>French Bread<br>Carrots<br>Chips<br>Pears<br>19 | Cheese Pizza<br>Garden Salad<br>Pineapples<br>20                             |
| Chicken<br>Strips<br>Mashed<br>Peas<br>Wheat Bread<br>Fruit Cup<br>23 | Roasted Turkey,<br>Mashed<br>Baked Beans<br>Apple Slices<br>24  | Swedish<br>Meatballs<br>Mashed<br>Mixed Veggies<br>Fruit cup<br>25 | Chicken<br>Parmesan<br>Steamed<br>Broccoli<br>Wheat Bread<br>Bananas    | Sloppy Joes Turkey<br>Burger Bun<br>Curley Fries<br>Fruit cup                |
| Chicken<br>Nuggets<br>Mac N<br>Cheese<br>Broccoli<br>Oranges<br>30    | French Toast<br>Sausage<br>Hash Browns<br>Oranges<br>31         |  |   |  |