







# October 2022 - LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <b>NO SCHOOL</b> <b>OCTOBER</b> <b>BREAK</b> 	4 <b>NO</b> <b>SCHOOL</b> <b>OCTOBER</b> <b>BREAK</b> 	5 <b>NO SCHOOL</b> <b>OCTOBER</b> <b>BREAK</b> 	6 <b>NO SCHOOL</b> <b>OCTOBER</b> <b>BREAK</b> 	7 <b>NO SCHOOL</b> <b>OCTOBER</b> <b>BREAK</b> 
10 <b>NO SCHOOL</b> Teacher Professional Development Day	11 <b>Chicken Sandwich</b> Emoticons Potatoes, Tomato Slice/ Lettuce. Edamame, Fresh Fruit	12 <b>Beef Chili Nacho</b> Green Salad, Strawberry Kiwi Juice, Salsa	13 <b>Beef Patty w/ Gravy</b> Steamed Rice, Steamed Broccoli/ Corn, Fresh Fruit	14 <b>Kalua Pork with Cabbage</b> Steamed Rice Diced Tomato w/ Green Onion Pineapple Chunks
17 <b>Mac &amp; Cheese</b> Baby Carrots, Edamame, Fresh Fruit, Sliced Peaches and Whole Grain Roll	18 <b>Pepperoni Pizza</b> Veggie Sticks, Steamed Corn, Fresh Fruit	19 <b>Beef Curry</b> Steamed Rice, Steamed Corn, Broccoli, POG Slushie Whole Grain Roll	20 <b>Tuna Sandwich</b> <b>w/ Chicken Noodle or Garden</b> <b>Vegetable Soup</b> Cherry Tomato, Veggie Sticks (Celery or Cucumber), Fresh Fruit	21 <b>Asian Chicken</b> Steamed Rice, Steamed Broccoli, Baked Beans, Apple Chips
24 <b>Cheese Bites</b> Veggies Sticks (Celery and Cucumber), Marinara Sauce, Concord Berry Slushy	25 <b>Creole Mac w/ Cheese</b> Green Salad, Edamame Applesauce	26 <b>Hamburger</b> Potato Wedge, Fries, Lettuce with Tomato Slice, Fresh Fruit	27 <b>Breaded Chicken Tenders</b> Steamed Rice, Steamed Corn, Edamame, Sliced Peaches	28 <b>Roast Turkey W/ Gravy</b> Mashed Potatoes, Zucchini Sticks, Steamed Carrots, Diced Pears
31 <b>Cheese Pizza</b> Green Salad, Baby Carrots, Craisins, Fresh Fruit				

Menu Subject to Change without Notice.

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