

# October 2022 Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
3 French Toast  BBQ Rib Sandwich Baked Beans Mixed Fruit	4 Egg Omelet  Chicken Nuggets Mashed Potatoes Gravy Peaches	5 Breakfast Tornado  Cavatini Broccoli with Cheese Applesauce	6 Sausage & Cheese Biscuit  Grilled Chicken Sandwich Peas Mandarin Oranges	7 Cinnamon Roll  Pizza California Blend Pears
10 Waffles  Pulled Pork Sandwich Baked Beans Mandarin Oranges	11 Bagel  Spaghetti with Meat Sauce Green Beans Grapes Bread Sticks	12 Blueberry Muffin  Hamburger Gravy over Mashed Potatoes Peas Peaches Dinner Roll	13 Egg & Bacon Biscuit  Chicken Quesadilla Carrots & Celery Pears Spanish Rice	14 No School
17 French Toast  Mini Corn Dogs Smilie Fries Peaches Pudding	18 Scrambled Eggs & Toast  Sweet & Sour Chicken with Rice Carrots & Celery Apples Egg Rolls	19 Oat meal  Turkey, Ham, & Cheese Sandwich Lettice & Tomatoes Mixed Fruit Chips	20 Sausage Gravy over Biscuit  Scalloped Potatoes with Ham Green Beans Pears Dinner Roll	21 Bagels  Beef Tacos Refried Beans Pineapple
24 Pancake on a Stick  Chicken Nuggets Mashed Potatoes with Gravy Pears	25 Breakfast Tornado  Hamburger Fries Peaches Cookie	26 Frudel  Teriyaki Chicken with Rice Green Beans Pineapple Egg Roll	27 Egg & Cheese Biscuit  Crisпитos with Cheese Sauce Corn Mixed Fruit	28 Blueberry Muffin  Chili Cheese Sticks Carrots & Celery Apple Sauce Cinnamon Roll
31 French Toast  Chili dogs Fruit Chips				1% white or flavored milk served daily  This institution is an equal opportunity provider.

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