

ELEMENTARY OCTOBER

Menu subject to change due to availability of food or school closure

**Items UNDERLINED and with an asterisk indicate pork-containing products

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Elementary Student</u> Breakfast \$1.50 Lunch \$2.75 <u>Adult</u> Breakfast \$2.00 Lunch \$4.00 Milk \$.50	1 Meatball Sub Sandwich w/ Tater Tots Greek Yogurt-n-Berries Parfait	2 Turkey Sausage Egg-n-Cheese English Muffin w/ Hash Brown Patty Cheesy Scrambled Eggs	3 Chicken Tenders w/ Mac-n-Cheese ** <u>Early Riser</u>	4 – Nat'l Taco Day **Ground Beef Tacos w/ <u>Refried Beans</u> Breakfast Pizza
7 Cheeseburger w/ Potato Wedges ** <u>Biscuits-n-Sausage Country Gravy</u>	8 – Nat'l Fluffernutter Day Fluffernutter Sandwich w/ Greek Yogurt Cup Greek Yogurt-n-Berries Parfait	9 ** <u>Shredded Pork Tamale</u> w/ Churro Apple Cinnamon Protein Oatmeal	10 **Chicken Drumstick w/ <u>Baked Beans</u> and Honey Cornbread Cereal	11– Nat'l Sausage Pizza Day ** <u>Italian Sausage Pizza</u> w/ Cottage Cheese Long John Donut w/ Go-Gurt
14 Baked French Toast Casserole w/ Turkey Sausage Patty Blueberry Power Protein Waffle	15 **Chicken Nachos w/ <u>Refried Beans</u> Greek Yogurt-n-Berries Parfait	16– Early Release *2023 Recipe Winner* One Pot Lasagna Soup w/ Breadstick Cheesy Scrambled Eggs	17 NO SCHOOL 	18 NO SCHOOL 
HAPPY NATIONAL SCHOOL LUNCH WEEK!				
21 Pepperoni or Cheese Pizza w/ Cottage Cheese Cheddar Cheese Omelet	22 Spaghetti w/ Meat Sauce and Garlic Bread Greek Yogurt-n-Berries Parfait	23 Turkey Sub Sandwich w/ Baked Potato Chips Apple Cinnamon Protein Oatmeal	24 Buffalo Chili w/ Cinnamon Roll Cereal	25 Regular or Spicy Breaded Chicken Sandwich w/ Sweet Potato Fries Long John Donut w/ Go-Gurt
28 Sweet-n-Sour Chicken w/ Rice Blueberry Power Protein Waffle	29 Meatball Sub Sandwich w/ Tater Tots Greek Yogurt-n-Berries Parfait	30 Turkey Sausage Egg-n-Cheese Bagel Sandwich w/ Hash Brown Patty Cheesy Scrambled Eggs	31 – Happy Halloween! **Walking Dead Taco w/ <u>Revolting Refried Beans</u> Toad in a Hole	 GOOD NUTRITION IS OUR MISSION

This institution is an equal opportunity provider