

October Food Menu 2022

2 Breakfast:

Pearl Sugar Waffle, Country Potatoes, Sliced Oranges, Apple Juice

Lunch:

Chicken Alfredo, Oven Roasted Broccoli, Garlic Bread

9 Breakfast:

No School Day

Indigenous People Day

16 Breakfast: Sunrise Sandwich, Fruit, Juice

Cinnamon roll, Tangerine, Milk

Lunch:

Bbq Chicken, Rice Pilaf, Roasted veggies, Dinner roll

23 Breakfast: Bagel, Sausage, Cream cheese, fruit, milk

Breakfast burrito, Fruit, Juice

Lunch:

Spaghetti, Veggies, Cheesy Garlic Bread

30 Breakfast:

Muffin, Yogurt, Fruit, Milk

Lunch:

Chicken Strips, Mac and Cheese, Salad, Smores Bars

3 Breakfast:

Sausage, Hash Brown, Egg, Juice

Lunch:

Enchilada (Beef), Rice, Beans

10 Breakfast: Breakfast Burrito, Orange slices, Pineapple Juice

Lunch: Orange Chicken, Steamed Rice, Veggies, (fortune cookie)

17 Breakfast:

Croissant w/ sausage & egg

Lunch:

Carne Asada Burrito, Cilantro Lime Rice, Beans

24 Breakfast: Breakfast burrito, Fruit, Juice

Lunch:

Turkey Sandwich, Chips, Fresh Fruit

31 Breakfast: Ham Steak, Hash Brown, Egg, Milk

Scrambled egg & Sausage

Lunch:

Philly Cheese Steak, Salad, Fruit

4 Breakfast: Fire Safety Day

Biscuit & Gravy, Bacon, Egg, milk

Lunch:

Turkey melt, Salad, Chips

11 Breakfast:

Scrambled egg, Canadian bacon, Hash Browns

Lunch:

Tacos (ground beef), Rice, Beans

18 Breakfast:

Belgium Waffles, Bacon, Egg, milk

Lunch:

Fried Chicken, Mash, Gravy, Corn bread.

25 Breakfast: Pancakes, Sausage, Egg, milk

Lunch:

Stir Fry, Steam Rice, Egg Roll, Sweet n Sour Sauce

5 Breakfast:

Oatmeal, Strawberries, Granola

Lunch:

Grilled chicken, Caesar Salad, Fruit, Juice

PIZZA (A&B)

12 Breakfast

English muffin sandwich, fruit, juice

Lunch:

Chicken Nugget, Sweet Potato fries, Fresh fruit

19 Breakfast:

French Toast Stix, Maple Syrup, Banana, Orange Juice

Lunch:

Gilled Cheese, Broccoli Cheddar soup, Salad (spring mix)

26 Breakfast:

Ham & Egg English muffin, fruit, milk

Lunch:

Flautas (beef), Rice, Beans

6 Breakfast: Captain Crunch Cereal, Fruit, Milk

Lunch:

Corn Dog, Potato Salad, Fresh Fruit

13 Breakfast: Honey Nut Cheerios, Fruit, milk

Lunch:

Cheeseburger, Watermelon, Tater tots, Chocolate milk

20 Breakfast: Cinnamon roll, Tangerine, Milk

Lunch: Personal Pizza, Salad, Fresh Fruit, Chocolate chip cookie

27 Breakfast:

Cereal, Banana, milk

Lunch:

All Beef Hot dog, Potato Salad, Fruit, Chocolate milk