

October 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	Breakfast sandwich, Fruit Orange Chicken, rice and vegetables	Cinnamon Roll, Fruit Chicken Tortilla Soup	1 Bacon, eggs, potatoes Grilled chicken, baked potato, salad	2 Muffins and Yogurt Rabbit stew & sandwiches	3 Breakfast quesadilla & fruit Chicken alfredo, Broccoli, Garlic bread	4	5
6	Egg scramble 7 Chorizo & potato Spaghetti, salad, garlic bread	Cereal, Fruit Roasted chicken, rice pilaf, vegetables	Pancakes, eggs, 9 sausage Fried chicken, mac and cheese, green beans	10 Biscuit & gravy, 10 oranges Turkey sandwich, chips, fruit	Yogurt & muffins,	11	12
13	No School	14 Bacon, potato, 15 and egg scramble Raviolis, grilled veggies, rolls	16 Breakfast burrito, fruit Beef tostadas, rice, and fruit	17 Pancake sausage, eggs Grilled chicken, roasted potatoes, salad	18 Ham and cheese biscuit, fruit Stew & corn bread	19	19
20	Pancakes, egg 21 sausage Chili meat, rice, beans	22 Biscuit & Gravy Roasted Turkey, mashed potatoes, corn	23 French toast, eggs, bacon Broccoli beef, fried rice, egg rolls	24 Breakfast burrito, fruit Turkey sandwich, chicken noodle soup	25 Cereal and muffins Echiladas, rice, veggies	26	26
27	Bacon, eggs, 28 potato Spaghetti, salad, galic bread	29 Waffle, sausage 29 eggs Tacos, rice, beans	30 Pancakes, fruit, yogurt Turkey Sandwich, Chips & Fruit	hOatmeal, fruit Roasted chicken, tice pilaf, veggies			

