

OCT 2022

GEAR UP FOR
SWIM CLASS



ANNOUNCEMENTS:

DAILY ALTERNATE MEAL
CHOICE OF
STRAWBERRY OR GRAPE
PB&JELLY SANDWICH
VEGETABLES
FRUIT
MILK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>CORN DOG FRENCH FRIES TOMATO CUP FRUIT CUP MILK</p>	<p>4</p> <p>NACHOS GRANDE BEANS SALSA CUCUMBERS APRICOTS ICE CREAM CUP MILK</p>	<p>5</p> <p>SPAGHETTI BOWL BREAKSTICK FRESH VEGGIE CUP GARDEN SALAD FRUITY GELATIN MILK</p>	<p>6</p> <p>ASIAN BOWL/ORANGE CHICKEN EGG ROLL BROCCOLI PEARS MILK</p>	<p>7</p> <p>PIZZA CHOICE CARROTS SAVORY GREEN BEANS FRESH SEASONAL FRUIT COOKIE MILK</p>
<p>10</p> <p>NO SCHOOL STAFF DEVELOPMENT</p>	<p>11</p> <p>PIZZA CHOICE GARDEN SALAD SAVORY GREEN BEANS BLUEBERRIES MILK</p>	<p>12</p> <p>POPCORN CHICKEN ROLL CORN CRUNCHY BROCCOLI SALAD FRESH APPLE SLICES COOKIE MILK</p>	<p>13</p> <p>POTATO BOWL ROLL TOMATO CUP SNOWBALL SALAD MILK</p>	<p>14</p> <p>CHEESEBURGER FRIES CELERY STRAWBERRIES MILK</p>
<p>17</p> <p>MEAT & CHEESE CHALUPAS BEANS CORN ORANGE SMILES PUDDING MILK</p>	<p>18</p> <p>CHICKEN NUGGETS MAC AND CHEESE CARROTS CELERY DRIED CRANBERRIES MILK</p>	<p>19</p> <p>GRILLED CHEESE FRESH VEGGIE CUP FRIES STRAWBERRIES & BANANAS MILK</p>	<p>20</p> <p>X-TREME BURRITO CORN CUCUMBERS APPLESAUCE COOKIE MILK</p>	<p>21</p> <p>CHEESEBURGER CHIPS TOMATO CUP GARDEN SALAD PEARS MILK</p>
<p>24</p> <p>STEAK FINGERS ROLL SAVORY GREEN BEANS MASHED POTATOES PEACHES MILK</p>	<p>25</p> <p>CHICKEN SPAGHETTI BREADSTICK GARDEN SALAD TOMATOES SEASONAL FRESH FRUIT MILK</p>	<p>26</p> <p>FRITO PIE BEANS FRESH VEGGIE CUP PINEAPPLE COOKIE MILK</p>	<p>27</p> <p>BONELESS CHICKEN WINGS CHIPS CELERY CARROTS SORBET MILK</p>	<p>28</p> <p>CHEESY BREADSTICKS MARINARA SAUCE FRESH BROCCOLI APPLESAUCE MILK</p>
<p>31</p> <p>NO SCHOOL STAFF DEVELOPMENT</p>				

