



OCTOBER 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Deep Dish Galaxy Cheese Pizza + or Confetti Pancakes Poultry Sausage Steamed Carrots Fresh Fruit	4 Classic Hamburger Ketchup or Cheesy Baked Penne + Emoticon Fries / Ketchup 100% Fruit Juice	5 Rotini with Meatballs or Chicken Tenders Breadstick / BBQ Sauce Spinach Salad / Ranch Dressing Grape Tomatoes Fresh Fruit	6 Hot Diggity Dog Ketchup or Pizza Crunchers + BBQ Black Beans Flavored Applesauce	7 Salisbury Steak with Gravy / Egg Noodles or Nacho Combo Tostito's Scoops Steamed Green Beans Fresh Fruit
10 Bosco Sticks + Marinara Sauce or Breaded Chicken Sandwich BBQ Sauce Steamed Green Beans Fresh Fruit	11 NEW Chicken Enchiladas or Cheesy Flatbread + Mexican Corn Refried Beans + Fresh Fruit	12 Chicken LoMein or Beef Tacos Taco Sauce Steamed Carrots 100% Fruit Juice	13 Korean Meatballs Brown Rice or Deep Dish Galaxy Cheese Pizza + Tossed Salad / Ranch Dressing Baby Carrots Fresh Fruit	14 Classic Hamburger Ketchup or NEW Fish Tacos Taco Sauce Coleslaw 100% Fruit Juice
17 Pizza Crunchers + or Corn Dog Mustard Steamed Broccoli Fresh Fruit	18 French Toast Sticks Poultry Sausage or Southwest Queso Cheesy Pull-Aparts + Tater Tots / Ketchup Fresh Fruit	19 Cheeseburger Ketchup or Macaroni & Cheese + Sweet Golden Corn Fresh Fruit	20 Chicken Tenders Breadstick / BBQ Sauce or Rotini with Meatballs Dinner Roll Fresh Celery Grape Tomatoes Flavored Applesauce	21 NEW Chicken Patty & Waffles or All American Cheese Melt + BBQ Black Beans Fresh Fruit
24 Italian Cheese & Garlic Pull Aparts + Pizza Dipping Sauce or Classic Hamburger Ketchup Steamed Mixed Vegetables Fresh Fruit	25 Chicken Mashed Potato Bowl or Mini Corn Dogs & Pretzel Bites / Cheese Sauce Steamed Broccoli Fresh Fruit	26 Hot Diggity Dog Ketchup or Cheesy Flatbread + Sweet Potato Fries Flavored Applesauce	27 Beef Tacos Taco Sauce or Turkey Ham & Cheese Melt Refried Beans + Tossed Salad / Ranch Dressing 100% Fruit Juice	28 Chicken Parmesan Sandwich or Cheeseburger Meatloaf Breadstick Sweet Golden Corn Fresh Fruit Chocolate Belly Bears
31 Chicken Nuggets Pretzel Rod / BBQ Sauce or All American Cheese Melt + Steamed Carrots 100% Fruit Juice	<p>Peace, Love & School LUNCH</p> <p>National School Lunch Week</p> <p>October 10 - 14</p> <p>School is LUNCH Far Out!</p>			

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
- Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
- Nutrition and allergen information available at www.FSPro.com
- Menu items do not contain pork
- + Item does not contain meat

Menu Subject to Change

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