



OCTOBER 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Deep Dish Galaxy Cheese Pizza + or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears Steamed Carrots Fresh Fruit	4 Classic Hamburger Ketchup or Fresh Apple & Cheese Plate + Goldfish Pretzels Emoticon Fries / Ketchup 100% Fruit Juice	5 Rotini with Meatballs or Nacho Salad Tostitos Scoops / Scooby Doo Grahams Spinach Salad / Ranch Dressing Grape Tomatoes Fresh Fruit	6 Hot Diggity Dog Ketchup or Popcorn Chicken Salad Breadstick / Ranch Dressing BBQ Black Beans Flavored Applesauce	7 Salisbury Steak with Gravy / Egg Noodles or Chicken Caesar Salad Dinner Roll / Caesar Dressing Steamed Green Beans Fresh Fruit
10 Bosco Sticks + Marinara Sauce or Strawberry Yogurt w/ Granola + / Scooby Doo Grahams Steamed Green Beans Fresh Fruit	11 NEW Chicken Enchiladas or Fresh Apple & Cheese Plate + Goldfish Pretzels Mexican Corn Refried Beans + Fresh Fruit	12 Chicken LoMein or All-American Salad Dinner Roll / French Dressing Steamed Carrots 100% Fruit Juice	13 Korean Meatballs Brown Rice or Baja Salad + Corn Muffin / Ranch Dressing Tossed Salad / Ranch Dressing Baby Carrots Fresh Fruit	14 Classic Hamburger Ketchup or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears Coleslaw 100% Fruit Juice
17 Pizza Crunchers + or Popcorn Chicken Salad Breadstick / Ranch Dressing Steamed Broccoli Fresh Fruit	18 French Toast Sticks Poultry Sausage or Fresh Apple & Cheese Plate + Goldfish Pretzels Tater Tots / Ketchup Fresh Fruit	19 Cheeseburger Ketchup or Italian Salad Breadstick / Italian Dressing Sweet Golden Corn Fresh Fruit	20 Chicken Tenders Breadstick / BBQ Sauce or Strawberry Yogurt w/ Granola + / Scooby Doo Grahams Baby Carrots Grape Tomatoes Flavored Applesauce	21 NEW Chicken Patty & Waffles or Baja Salad + Corn Muffin / Ranch Dressing BBQ Black Beans Fresh Fruit
24 Italian Cheese & Garlic Pull Aparts + Pizza Dipping Sauce or Vanilla Yogurt w/ Granola + Cinnamon Belly Bears Steamed Mixed Vegetables Fresh Fruit	25 Chicken Mashed Potato Bowl or Fresh Apple & Cheese Plate + Goldfish Pretzels Steamed Broccoli Fresh Fruit	26 Hot Diggity Dog Ketchup or Nacho Salad Tostitos Scoops / Scooby Doo Grahams Sweet Potato Fries Flavored Applesauce	27 Beef Tacos Taco Sauce or All-American Salad Dinner Roll / French Dressing Refried Beans + Tossed Salad / Ranch Dressing 100% Fruit Juice	28 Chicken Parmesan Sandwich or Chicken Caesar Salad Dinner Roll / Caesar Dressing Sweet Golden Corn Fresh Fruit Chocolate Belly Bears
31 Chicken Nuggets Pretzel Rod / BBQ Sauce or Fresh Apple & Cheese Plate + Goldfish Pretzels 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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