



OCTOBER 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Confetti Pancakes + Cheese Stick Vanilla Yogurt Baby Carrots Grape Tomatoes Fresh Fruit Flavored Applesauce	4 Strawberry Banana Yogurt + Blueberry Muffin Cheddar Cheese Cubes Grape Tomatoes Fresh Fruit Baby Carrots Belly Bear Grahams	5 Chicken Ham, Turkey & Cheese Sandwich Mayonnaise Three Bean Salad Baby Carrots Fresh Fruit 100% Fruit Juice	6 Popcorn Chicken Salad Breadstick Ranch Dressing Sweet Golden Corn Flavored Applesauce Fresh Fruit	7 Turkey & Cheese Sub Mustard Fresh Celery Fresh Fruit Baby Carrots 100% Fruit Juice Belly Bear Grahams
10 Popcorn Chicken Pretzel Rod Ranch Dressing Sweet Golden Corn Grape Tomatoes Baby Carrots Fresh Fruit	11 Pepperoni Slices Cheddar Cheese Cubes Mini Flatbread Potato Salad Baby Carrots Fresh Fruit 100% Fruit Juice Scooby Doo Grahams	12 All-American Salad Dinner Roll French Dressing Three Bean Salad Fresh Fruit 100% Fruit Juice Cheez-It Crackers	13 Chicken Ham, Turkey & Cheese Sandwich Mayonnaise Sweet Golden Corn Bell Pepper Strips Baby Carrots 100% Fruit Juice Fresh Fruit	14 Egg Chef Salad + Dinner Roll Ranch Dressing Fresh Celery Baby Carrots Fresh Fruit 100% Fruit Juice Goldfish Pretzels
17 Turkey & Cheese Sub Mustard Fresh Celery Grape Tomatoes Fresh Fruit 100% Fruit Juice Animal Crackers	18 Strawberry Banana Yogurt + Blueberry Muffin Cheddar Cheese Cubes Grape Tomatoes Baby Carrots 100% Fruit Juice Fresh Fruit	19 Italian Salad Breadstick Italian Dressing Bell Pepper Strips Flavored Applesauce Fresh Fruit Cheez-It Crackers Grape Tomatoes	20 Chicken Ham & Cheese Sandwich Mayonnaise Three Bean Salad Baby Carrots Fresh Fruit	21 Popcorn Chicken Salad Dinner Roll Ranch Dressing Sweet Golden Corn Fresh Fruit 100% Fruit Juice
24 Cheese Sub + Potato Salad Baby Carrots Fresh Fruit 100% Fruit Juice	25 Popcorn Chicken Salad Dinner Roll Ranch Dressing Bell Pepper Strips Flavored Applesauce Baby Carrots Fresh Fruit	26 Chicken Ham, Turkey & Cheese Sandwich Mustard Three Bean Salad Baby Carrots Flavored Applesauce Fresh Fruit	27 All-American Salad Dinner Roll French Dressing Sweet Golden Corn Fresh Fruit 100% Fruit Juice Cheez-It Crackers	28 Chicken Caesar Salad Dinner Roll / Caesar Dressing Bell Pepper Strips Baby Carrots 100% Fruit Juice Fresh Fruit Belly Bear Grahams
31 Strawberry Banana Yogurt + Blueberry Muffin Cheddar Cheese Cubes Baby Carrots Grape Tomatoes 100% Fruit Juice Applesauce Bug Bite Grahams	<p>Peace, Love & School Lunch</p> <p>National School Lunch Week</p> <p>October 10 - 14</p> <p>groovy Fruits & Veggies</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*

9-12 LEX

Please visit us at www.FSPro.com

This institution is an equal opportunity provider.