



# OCTOBER 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Confetti Pancakes +</b> Cheese Stick  Baby Carrots Fresh Fruit	<b>4</b> <b>Strawberry Banana Yogurt +</b> Blueberry Muffin Cheddar Cheese Cubes  Grape Tomatoes 100% Fruit Juice	<b>5</b> <b>Chicken Ham, Turkey &amp; Cheese Sandwich</b> Mayonnaise  Three Bean Salad Fresh Fruit	<b>6</b> <b>Popcorn Chicken Salad</b> Breadstick Ranch Dressing  Sweet Golden Corn Flavored Applesauce	<b>7</b> <b>Turkey &amp; Cheese Sub</b> Mustard  Fresh Celery Fresh Fruit Baby Carrots
<b>10</b> <b>Popcorn Chicken</b> Pretzel Rod Ranch Dressing  Sweet Golden Corn Grape Tomatoes Fresh Fruit	<b>11</b> <b>Pepperoni Slices</b> Cheddar Cheese Cubes Mini Flatbread  Potato Salad Baby Carrots Fresh Fruit	<b>12</b> <b>All-American Salad</b> Dinner Roll French Dressing  Three Bean Salad Flavored Applesauce	<b>13</b> <b>Chicken Ham, Turkey &amp; Cheese Sandwich</b> Mayonnaise  Sweet Golden Corn Bell Pepper Strips Fresh Fruit	<b>14</b> <b>Egg Chef Salad +</b> Dinner Roll Ranch Dressing  Fresh Celery 100% Fruit Juice Goldfish Pretzels
<b>17</b> <b>Turkey &amp; Cheese Sub</b> Mustard  Baby Carrots 100% Fruit Juice	<b>18</b> <b>Strawberry Banana Yogurt +</b> Blueberry Muffin Cheddar Cheese Cubes  Grape Tomatoes Fresh Fruit	<b>19</b> <b>Italian Salad</b> Breadstick Italian Dressing  Bell Pepper Strips Flavored Applesauce Belly Bear Grahams	<b>20</b> <b>Chicken Ham &amp; Cheese Sandwich</b> Mayonnaise  Three Bean Salad Flavored Applesauce	<b>21</b> <b>Popcorn Chicken Salad</b> Dinner Roll Ranch Dressing  Sweet Golden Corn Fresh Fruit Animal Cracker
<b>24</b> <b>Cheese Sub +</b>  Potato Salad Baby Carrots Fresh Fruit	<b>25</b> <b>Popcorn Chicken Salad</b> Dinner Roll Ranch Dressing  Bell Pepper Strips Baby Carrots Fresh Fruit	<b>26</b> <b>Chicken Ham, Turkey &amp; Cheese Sandwich</b> Mustard  Three Bean Salad Flavored Applesauce	<b>27</b> <b>All-American Salad</b> Dinner Roll French Dressing  Sweet Golden Corn 100% Fruit Juice	<b>28</b> <b>Chicken Caesar Salad</b> Dinner Roll / Caesar Dressing  Bell Pepper Strips Fresh Fruit
<b>31</b> <b>Strawberry Banana Yogurt +</b> Blueberry Muffin Cheddar Cheese Cubes  Baby Carrots Grape Tomatoes 100% Fruit Juice	 <h2 style="text-align: center;">National School Lunch Week</h2> <h3 style="text-align: center;">October 10 - 14</h3> 			

### 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](http://www.FSPro.com)
  - Menu items do not contain pork
  - + Item does not contain meat
- \*Menu Subject to Change\*

K-8 LEX

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This institution is an equal opportunity provider.