



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### Monday, October 2

Beef Hot Dog  
WG Hot Dog Bun  
Green Beans  
Pickle Chips  
Orange Slices  
Ketchup Packet

### Tuesday, October 3

Creamy Mac 'N Cheese  
Peas  
Baked Beans  
Applesauce

### Wednesday, October 4

WG Penne Pasta w/ Marinara  
Sauce & Mozzarella  
Broccoli  
Lemony Chickpea Salad  
Pear Slices

### Thursday, October 5

Beef Burger  
WG Hamburger Bun  
Potato Fries  
Celery  
Melon  
Pickle Chips & Ketchup Packet

### Friday, October 6

WG Chicken Nuggets  
WG Bread Slice  
Baby Carrots  
Red Pepper Strips  
Fruit Salad CHP  
Ketchup Packet

### Monday, October 9

Beef Hot Dog  
WG Hot Dog Bun  
Roasted Sweet Potatoes  
Baked Beans  
Apple Slices  
Ketchup Packet

### Tuesday, October 10

WG Penne Pasta w/ Marinara  
Sauce & Mozzarella  
Greek Cucumber Salad  
Baby Carrots  
Roasted Chickpeas  
Orange Slices

### Wednesday, October 11

WG Chicken Nuggets  
WG Bread  
Broccoli  
Honey-Glazed Carrots  
Pear Slices  
Ketchup Packet

### Thursday, October 12

Creamy Mac 'N' Cheese  
Cabbage  
Black Bean & Corn Salad  
Pineapple

### Friday, October 13

Beef Burger  
WG Hamburger Bun  
Roasted Potatoes  
Cucumber Slices  
Melon  
Pickle Chips & Ketchup Packets

### Monday, October 16

WG Chicken Nuggets  
WG Bread Slice  
Roasted Sweet Potatoes  
GF/DF/EF Coleslaw  
Orange Slices  
Ketchup Packet

### Tuesday, October 17

Creamy Mac 'N' Cheese  
Corn  
Seasoned-Black Beans  
Pear Slices

### Wednesday, October 18

Beef Burger  
WG Hamburger Bun  
Broccoli  
Red Pepper Strips  
Apple Slices  
Pickle Chips & Ketchup Packet

### Thursday, October 19

WG Penne Pasta w/ Marinara  
Sauce & Mozzarella  
Squash Medley  
Baked Beans  
Melon

### Friday, October 20

Beef Hot Dog  
WG Hot Dog Bun  
Baby Carrots  
Celery  
Fruit Salad CHP  
Ketchup Packet

### Monday, October 23

WG Chicken Nuggets  
WG Bread  
Steamed Carrots  
Three Bean Salad  
Applesauce  
Ketchup Packet

### Tuesday, October 24

Beef Hot Dog  
WG Hot Dog Bun  
Cucumber Salad  
Red Pepper Strips  
Apple Slices  
Ketchup Packet

### Wednesday, October 25

Creamy Mac 'N' Cheese  
Peas  
Honey Carrots  
Pear Slices

### Thursday, October 26

WG Penne Pasta w/ Marinara  
Sauce & Mozzarella  
Corn  
Seasoned Black Beans  
Pineapple

### Friday, October 27

Beef Burger  
WG Hamburger Bun  
Broccoli  
GF/DF/EF Coleslaw  
Fruit Salad CHP  
Pickle Chips & Ketchup Packet

WG = Whole Grain  
CHP = Cantaloupe, Honeydew, Pineapple

# Hot Lunch #2

## Comfort Menu

October 2023

\*This institution is an equal opportunity provider  
\*\*Two milk options offered with each meal