

# OCTOBER | 2022

## Elementary Menu



### MONDAY

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY

<b>3</b> Mini Corn Dogs Mac & Cheese Corn Broccoli w/Dip Peach Cup Frozen Sidekicks Milk	<b>4</b> Hamburger or Cheeseburger Potato Wedges Baked Beans Pear Cup Fresh Fruit Milk	<b>5</b> Salisbury Steak Dinner Roll or Chicken Patty on Bun Mashed Potatoes Green Beans Pineapple Tidbits Fresh Fruit Milk	<b>6</b> 3- or 4-Way Chili Spaghetti Kidney Beans, Diced Onions Shredded Cheese Oyster Crackers Veggie Boat, Glazed Carrots Mandarin Oranges, Fresh Fruit Milk	<b>7</b> Cheese Bites with Marinara Sauce Steamed Broccoli Garden Salad Applesauce Fresh Fruit Milk
<b>10</b> Chicken or Cheese Quesadilla Salsa, Sour Cream Refried Beans Corn Frozen Sidekick Peach Cup Milk	<b>11</b> Hot Dog or Cheese Coney Roasted Potatoes Diced Onions, Shredded Cheese Carrots/Celery with Dip Pear Cup Fresh Fruit Milk	<b>12</b> Roast Beef with Gravy Dinner Roll Mashed Potatoes Green Beans Pineapple Tidbits Fresh Fruit Milk	<b>13</b> Chicken Nuggets Mac & Cheese Baked Beans Veggie Boat Mandarin Oranges Fresh Fruit Milk	<b>14</b> Grilled Cheese Tomato Soup Oyster Crackers Garden Salad Applesauce Fresh Fruit Milk
<b>17</b> Chicken Patty on Bun Baked Beans Waffle Fries Frozen Sidekick Peach Cup Milk	<b>18</b> Cheese or Pepperoni Pizza Carrots with Dip Steamed Broccoli Pear Cup Fresh Fruit Milk	<b>19</b> Spaghetti with Meat Sauce Bread Stick Corn, Garden Salad Pineapple Tidbits Fresh Fruit Milk	<b>20</b> Confetti Pancakes Sausage Patty Smile Fries Veggie Boat Baked Apples Fresh Fruit Milk	<b>21</b> Pizza Crunchers Marinara Sauce Green Beans Garden Salad Applesauce Fresh Fruit Milk
<b>24</b> Chicken Tenders Roasted Potatoes Green Beans Mini Biscuit Frozen Sidekick Peach Cup Milk	<b>25</b> Beef Taco Shredded Cheese Salsa, Sour Cream Corn, Black Beans Pear Cup Fresh Fruit Milk	<b>26</b> Chicken Drumstick Dinner Roll Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk	<b>27</b> Baked Ziti Breadstick Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk	<b>28</b> French Toast Egg Omelet Salsa Veggie Boat Baked Apples Fresh Fruit Milk
<b>31</b> Mini Corn Dogs Mac & Cheese Corn Broccoli w/Dip Peach Cup Frozen Sidekicks Milk	<b>1</b> Hamburger or Cheeseburger Potato Wedges Baked Beans Pear Cup Fresh Fruit Milk	<b>2</b> Salisbury Steak Dinner Roll or Chicken Patty on Bun Mashed Potatoes Green Beans Pineapple Tidbits Fresh Fruit Milk	<b>3</b> 3- or 4-Way Chili Spaghetti Kidney Beans, Diced Onions Shredded Cheese Oyster Crackers Veggie Boat, Glazed Carrots Mandarin Oranges, Fresh Fruit Milk	<b>4</b> Cheese Bites with Marinara Sauce Steamed Broccoli Garden Salad Applesauce Fresh Fruit Milk

### News

#### Alternate Meal Options

Milk and Choices of daily fruits and/or vegetables offered with all alternate meal options.

- PB & J Sandwich  
Mozzarella String  
Cheese  
Goldfish Crackers
- Hummus Cup  
Tostito's Chips  
Mozzarella String  
Cheese
- Hardboiled egg  
Cheese Cubes  
Goldfish and  
Pretzels
- Chef Salad with  
Turkey or  
Hardboiled Egg  
Goldfish and  
Pretzels

\*Meat options not offered on Fridays

**Menu Subject to Change by Product Availability**