## October 2023

Mon	Tue	Wed	Thu	Fri
Pasta Alfredo Or butter pasta Broccoli Garlic bread Drink	Beef soft taco Chips Salsa Corn Drink	Chicken ranch wrap Or chicken Caesar wrap Yogurt or fruit French fries Drink	5 Chicken nuggets Mac and cheese Fruit Drink	Pizza One or two Cheese, pep, bacon Ice cream Drink
9 No school	No school	11 Chicken fajitas Yellow rice Fruit Drink	Hamburger or cheeseburger French fries Fruit Drink	Pizza One or two Cheese, pep, bacon Ice cream Drink
Marinara & meatballs or butter pasta green beans garlic bread drink	17 Cheese quesadilla Chips salsa/nacho Cheese Fruit Drink	18 Chicken sandwich tater tots Fruit Drink	Build your own BLT cheese hash brown Fruit or yogurt Drink	Pizza One or two Cheese, pep, bacon Ice cream Drink
23 Cheese ravioli bake Or butter pasta Vegetable Garlic bread Drink	Grilled cheese Soup Chicken noodle Or tomato Chips Drink	Early Release  No hot lunch	Pancakes Sausage Hash brown Drink	Pizza One or two Cheese, pep, bacon Ice cream Drink
30 Chicken parmesan Sandwich Pasta salad Fruit Drink	31 Hot dog Dirt worm pudding Chips Drink	Breakfast for lunch Waffles Bacon Hash brown Drink	Chicken and rice Carrots Drink	Pizza One or two Cheese, pep, bacon Ice cream Drink