

# October 2022 menu

Welcome to fall

October  
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p>Spaghetti with Meat Sauce and Garlic Toast</p>	<p><b>4</b></p> <p>Build your own Nachos, Tortilla Chips topped with Taco Beef, Nacho Cheese Sauce and all the fixings. served with Churro</p>	<p><b>5</b></p> <p>Build your own Hoagie on fresh baked Bread with Choice of Meat, and all the fixings. served with Kettle Chips</p>	<p><b>6</b></p> <p>Crispy Chicken Tenders, chefs Mashed Potatoes, scratch Gravy served with Green Beans and Dinner Roll</p>	<p><b>7</b></p> <p>Build your own Burger bar. 1/3 Pound Beef Patty on Bun served with Choice of Cheese and all the fixings and Fries</p>
<p><b>10</b></p> <p>Crispy Chicken Stirfry. Popcorn Chicken, Stir fried Veggies, Steamed Rice and Pork Egg Roll topped with Chefs Garlic/Ginger Sauce</p>	<p><b>11</b></p> <p>Walking Tacos. Nachos Chips topped with Taco Beef, Shredded Cheese, Lettuce, Salsa and Sour Cream</p>	<p><b>12</b></p> <p>No lunch</p>	<p><b>13</b></p> <p>Pork Carnitas served with Mexican Rice, Chefs Roasted Veggie Salsa, Cilantro/Onion and fresh Limes</p>	<p><b>14</b></p> <p>Chicken, Bacon Caesar Wrap in Garlic/Herb Tortilla served with Tator Tots</p>
<p><b>17</b></p> <p>Penne Amatriciana. Penne Pasta with Bacon, Caramelized Onions, Tomatoes. fresh Garlic, Olive Oil, Butter, Parmesan Cheese served with Garlic Toast</p>	<p><b>18</b></p> <p>Beef Tacos. 2 Beef Tacos in soft Flour Tortilla topped with shredded Cheese, Lettuce, Salsa and Sour Cream. served with Beans, Rice and Churro</p>	<p><b>19</b></p> <p>STARS Day No lunch</p>	<p><b>20</b></p> <p>MEA no school</p>	<p><b>21</b></p> <p>MEA no school</p>
<p><b>24</b></p> <p>Professional Day no school</p>	<p><b>25</b></p> <p>Beef Burrito Bowl. Mexican Rice topped with Taco Beef, Shredded Cheese and all the fixings. Served with Churro</p>	<p><b>26</b></p> <p>Build Your Own Macaroni &amp; Cheese Bar served with fresh Fruit</p>	<p><b>27</b></p> <p>Chefs Creamy Chicken Wild Rice Soup in a Bread bowl. served with Caesar Salad</p>	<p><b>28</b></p> <p>BBQ Pork Sandwich served with Kettle Chips and Creamy Coleslaw</p>
<p><b>31</b></p> <p>Happy Halloween. Popcorn Chicken, Mashed Potatoes, Gravy, Steamed Corn and Dinner Roll</p>				

\$5.60

PRICES

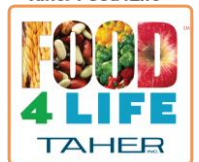
EXTRA INFO

HARVEST OF



THE MONTH

Menus and nutrition  
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