

# October 2022 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Cheese Tomato Soup Fresh Seasonal Fruit Milk	4 Chicken Tacos (Lettuce & Tomato) Spanish Rice Fresh Seasonal Fruit Milk <i>Veg - Cheese Quesadilla</i>	5 BBQ Chicken Sliders French Fries & Pickle Fresh Seasonal Fruit Milk <i>Veg - Grilled Cheese</i>	6 Seasoned Baked Fish Jasmine Rice Fresh Seasonal Fruit Milk <i>Veg - Bean Salad</i>	7 Cheese Pizza Whole Green Beans w/ Ranch Dressing Fresh Seasonal Fruit Milk <i>DF - DF Cheese Pizza &amp; Italian Dressing</i>
10 Pasta Alfredo Spinach Fresh Seasonal Fruit Milk <i>DF- Pasta Marinara</i>	11 Bean + Cheese Quesadilla Mexican Rice Fresh Seasonal Fruit Milk <i>DF- DF Cheese</i>	12 Chicken Nuggets Mashed Potatoes Fresh Seasonal Fruit Milk <i>Veg- Egg Salad</i>	13 Turkey Stroganoff Mixed Veggies Fresh Seasonal Fruit Milk <i>Veg - NO Meat DF- Marinara</i>	14 Pizza Salad w/ Italian Dressing Fresh Seasonal Fruit Milk <i>DF - DF Cheese</i>
17 Mac & Cheese Hominy Fresh Seasonal Fruit Milk <i>DF Mac &amp; Marinara</i>	18 Fish Tacos/Hushpuppy Pineapple Mango Salsa Fresh Seasonal Fruit Milk <i>Veg - Bean &amp; Cheese Quesadilla</i>	19 Chicken & Dumplings Carrots Fresh Seasonal Fruit Milk <i>Veg - Creamy Dumplings</i> <i>DF- Chicken Noodle Soup</i>	20 Sweet & Sour Chicken Veggie Fried Rice Fresh Seasonal Fruit Milk <i>Veg-Egg Fried Rice</i>	21 Supreme Pizza Bread Stick w/Marinara Fresh Seasonal Fruit Milk <i>DF - DF Supreme Pizza</i>
24 Red Beans & Rice Crackers Fresh Seasonal Fruit Milk	25 Chicken Enchilada Mexican Corn Fresh Seasonal Fruit Milk <i>Veg - Cheese Enchilada</i>	26 Fish & Chips Fresh Seasonal Fruit Milk <i>Veg - Grilled Cheese</i>	27 Spaghetti & Meatballs Garden Salad w/ranch Fresh Seasonal Fruit Milk <i>Veg - NO meatballs</i>	28 Cheese Pizza Pea Salad Fresh Seasonal Fruit Milk <i>DF - DF Cheese Pizza</i>
31 Spooky Mac N Cheese Ghoulish Green Beans Fresh Seasonal Fruit Milk				E-Elementary P-Primary EP-Early Primary T- Toddler DF - Dairy Free V - Vegetarian