

October 2022

Drinks: 1% white milk, skim chocolate milk, juice offered w/breakfast, serving sizes dependent on grade level



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 weekend
2 weekend	3 B: Cinnamon roll, fruit L: Deli sandwich, graham cracker, cheese stick, carrots, tomatoes, fruit	4 B: Granola/Yogurt, Cereal, Fruit L: Deli sandwich, PBJ, celery, carrots, cheese stick, fruit	5 B: Muffin, fruit L: Deli sandwich, PBJ, tomatoes, cucumbers, cheese stick, graham cracker, fruit	6 B: Super Donut, fruit L: Deli sandwich, PBJ, Broccoli, carrots, cheese stick, fruit	7 B: Pop Tarts, fruit L: Deli sandwich, PBJ, celery, carrots, cheese stick, fruit	8 Fall Break
9 Fall Break	10 Fall Break	11 Fall Break	12 Fall Break	13 Fall Break	14 Fall Break	15 Fall Break
16 Fall Break	17 Fall Break	18 Fall Break	19 Fall Break	20 Teacher Work Day	21 Teacher Work Day	22 Weekend
23 Weekend	24 B: Pop Tarts, fruit L: Hot Dog, Coleslaw, celery, fruit	25 B: Cinnamon rolls, fruit L: Cheeseburger, potato salad, mixed green salad, fruit	26 B: Muffin, fruit L: Chicken Sandwich, carrots, celery, fruit	27 B: Super Donuts, fruit L: Pizza, Corn Dogs, SP fries, carrots, celery, fruit	28 B: Nutri-grain bar, fruit L: Deli sandwich, PBJ, Mixed greens, carrots, fruit	29 weekend
30 Weekend	31 B: Granola/Yogurt, fruit L: Country fried steak, corn, carrots, fruit					

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