

OCT

MENU 2022

GEAR UP FOR SWIM CLASS



ANNOUNCEMENTS:

A la Carte Milk 0.50c

All Breakfast and Lunch comes with a side of fruit and milk

Oct. 10th Columbus Day (No School)

Oct. 31 Student Holiday (No School)

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3RD
Concha
Vanilla/Chocolate
Spaghetti w/Meatballs
& Tossed Salad

4TH
Egg w/Turkey Bacon
&Flour Tortilla
Chicken Nuggets and
Mac & Cheese

5TH
Pancakes w/Syrup
Corn Dogs / French
Fries and Stemmed
Corn

6TH
Yogurt & Granola
Chicken Fajitas w/White
Rice and Stemmed
Broccoli

7TH
Cold Cereal & Cracker
Supreme Nachos
w/Beef & Tossed Salad

10TH
NO SCHOOL
Columbus Day

11TH
Muffin & Cracker
Cheeseburger & French
Fries

12TH
Rice Pudding & Toasted
Bread
Hot Dogs & Chili beans

13TH
Waffles w/Syrup
Chicken Fingers w/ WW
Bread & Mixed Veggies

14TH
Cold Cereal & Fresh
Banana
Pepperoni Pizza &
Tossed Salad

17TH
Oatmeal & Toasted
Bread
Chicken Fajitas w/
White Rice &
Stemmed Broccoli

18TH
Yogurt & Granola
Spaghetti w/ meat balls
& Tossed Salad

19TH
Egg w/ Chorizo & WW
Bread
Turkey Ham & Cheese
Sandwich

20TH
Waffles w/ Syrup
Chicken Nuggets/
French Fries & Fresh
Cucumbers

21ST
Concha
Vanilla/Chocolate
Supreme Nachos
w/Beef & Tossed Salad

24TH
Muffin & Cracker
Hot Dog / Chili Beans
& Fresh Cucumbers

25TH
Pancakes w/ Syrup
Cheeseburger & French
Fries

26TH
Oatmeal & Toasted
Bread
Chicken Fingers
Mac & Cheese

27TH
Beans Molletes
Picadillo Stew/Mexican
Rice & Salad

28TH
Cold Cereal & Cracker
Pepperoni Pizza &
Tossed Salad

31ST
NO SCHOOL
Student Holiday

