

OCTOBER 2023 Lunch & Snack Menu

2	3	4	5	6
Turkey & Cheese Sandwich Cucumber, Banana AM Snack: Goldfish (WG), Milk PM: Snack: Cinnamon Toast & Milk	Chicken Alfredo & Noodles, Green Beans, Fruit Cocktail AM Snack: Ritz Crackers (WG)& Milk PM String Cheese & Fruit	Meatballs w/Gravy, Mashed potatoes, peas ,WW Roll, & Apple Sauce Am: Snack: Cottage Cheese & Peaches PM Snack: Animal Crackers and Fruit	Hamburger on Bun, Lettuce & Tomato, Apple Slices AM Snack: Triscuits (WG)& Cheese PM Snack: Cheez-its & Milk	Home Lunch Day AM Snack: Blueberry Muffin & Milk PM Snack: Pretzels & Juice
9	10	11	12	13

— Fall Break—no school— Fall Break—no school—

16	17	18	19	20
<i>Fall Break no school</i>	Beefy Nachos, Pears, Mixed Vegetables AM Snack: Cucumbers & Apples PM Snack: Wheat Thins (WG) &Tuna	Chicken Long Rice, Hapa Rice, Green beans, Peaches AM Snack: Cheerios (WG) & Milk PM Snack: Carrots & Apples	Hot Dog on Bun, Carrot & Cucumber Slices, Orange Wedges AM Snack: Bagels & Cream Cheese PM Snack: Banana Bread (WG) &	Baked Hamburger Spaghetti, WW Roll, Peas, & Fruit Cocktail AM Snack: Teddy Grahams (WG)& Milk PM Snack: Utz Twisted Pretzels & Fruit
23	24	25	26	27
Chicken Nuggets (WG), Hapa Rice, Apple Slices & Broccoli AM Snack: Frosted Mini Wheats & Milk PM Snack: Animal Crackers & Juice	Chef Salad w/Deli Meat & Cheese, WW Roll, Banana AM Snack: Chex Mix & Milk PM Snack: Triscuits (WG) & Cheese	Chili w/meat, Hapa Rice, Corn,& Apple Sauce AM Snack: Oatmeal Squares (WG) & Milk PM Snack: Teddy Grahams & Fruit	Terri Chicken on Bun, Carrot & Cucumbers, Banana Slices AM Snack: Ritz Crackers & Apple Slices PM Snack: Tortilla Chips (WG) & Cheese Sauce	Ham , Potato & Corn Chowder w/ WW Roll, Pineapple Chunks AM Snack: Blueberry Muffin & Milk PM Snack: Triscuits (WG)& Cheese
30	31	<p><i>For He satisfies the thirsty and fills the hungry with good things. Psalm 107:9*</i></p> <p>Milk is served with ALL lunches *WG: Whole Grain / WW: Whole Wheat * Condiments to be served on side (i.e., mayo, dressing)* Menu subject to change. Updated: 09/26/2023</p>		