

# October Breakfast 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Assorted Cold Cereal	4 Cornbread Hot Ham Syrup	5 GS Bagelful HS Biscuit & Gravy	6 Pancakes Cinnamon Apples syrup	7 GS Mini Cinni Pull Apart HS Cinnamon Roll	8
9	10 Ham, Egg, & Cheese Combo Bar	11 Blueberry Bagel Cream Cheese	12 Cheesy Pull Apart Sauce	13 French Toast Syrup	14 Donut Day!	15
16	17 Breakfast on a Stick syrup	18 Breakfast Cookie	19 Cook's Choice	20 Homemade Muffin ogurt	21 Fruit Filled Strudel	22
23	24 Breakfast Pizza	25 Build your own yogurt parfait	26 Waffle Syrup	27 Build your own Breakfast sandwich	28 GS Cereal Bar HS Scone	29
30	31 Spooky S'moatmeal	Notes: This institution is an equal opportunity provider All breakfasts served with choice of milk; 100% fruit juice; & whole grain rich items				

# October Lunch 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 Grilled Chicken Breast Pasta & Sauce	4 Build Your own Taco & all the fixings	5 Cheeseburger on Bun French Fries Baked Beans	6 Meatballs in Gravy over Mashed Potato Corn	7 Pizza Day!	8
9	10 Hotdish Breadstick Green Beans	11 Chicken Ranch Wrap Rice	12 Hot Dog on Bun GS chips HS Baked Potato	13 GS Cook's Choice HS Cornell Chiefs Bowl (popcorn Chicken Mashed potato, gravy, corn)	14 Soup & Assorted Sandwiches	15
16	17 Corn Dog Mac & Cheese Peas	18 Build your own Nacho & all the fixings	19 Chicken in gravy over Noodles mixed Veggies	20 Mozzarella Dippers Sauce Broccoli	21 Build your own Sandwich Sunchips	22
23	24 Spaghetti & Meatsauce Garlic toast Corn	25 Quesadilla	26 Ham & Scalloped Potato Dinner Roll Green Beans	27 Chicken Patty on Bun Smiles	28 Chili & Uncrustable	29
30	31 Chicken Nuggets	Notes: Menu Subject to change This institution is an equal opportunity provider All lunches served with choice of milk; fruits & veggies ; & whole grain rich items				