

# October Breakfast 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Breakfast Bagel	3 Assorted Cold Cereal	4 Mozzarella Dippers	5 Pancakes Cinnamon Apples	6 Fruit Filled Strudel	7
8	9 Breakfast on a Stick Syrup	10 Pretzel with Cheese	11 Build your own Breakfast Sandwich	12 Bagelful	13 GS Cinnamon Pull apart HS Cinnamon Roll	14
15	16 Breakfast Pizza	17 Blueberry Bagel Cream Cheese	18 GS Cooks Choice HS Biscuit & Gravy	19 Warm Cornbread Syrup	20 Donut Day	21
22	23 Ham, Egg, & Cheese Combo Bar	24 French Toast Strawberries	25 Cheesy Pull-aparts	26 Muffin & Yogurt	27 GS Br. Cookie HS Scone	28
29	30 Waffle Syrup	31 Spooky S'moatmeal	Build your own Yogurt Parfait	Cook's Choice	Fruit filled Strudel	
		Notes: This institution is an equal opportunity provider All breakfasts served with choice of milk; 100% fruit juice; & whole grain rich items				

# October Lunch 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Chicken in Gravy over Biscuit	3 Quesadilla	4 BBQ on Bun Potato Wedges	5 Meatballs in gravy over Mashed potato	6 Tailgate Party	7
8	9 Popcorn Chicken Hashbrown Patty	10 Build your own Nacho	11 Pasta with Chicken Alfredo Sauce Breadstick	12 Cheeseburger on Bun	13 Homemade Soup & Sandwiches	14
15	16 Corn Dog Mac & Cheese	17 Chicken Ranch Wrap Rice	18 Cook's Choice	19 Chicken Patty on Bun French Fries	20 Pizza Day!	21
22	23 Spaghetti & Meatsauce	24 Bild your own taco	25 Breakfast for Lunch	26 Garlic Chicken over Rice Fortune Cookie	27 Homemade Chili & Grilled Cheese	28
29	30 Chicken Nuggets	31 Hobgoblin Hotdish	Cheeseburger on Bun	Cook's Choice	Mozzarella Dippers	
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