

OCTOBER, 2022

| monday | tuesday | wednesday | thursday | friday |
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| 3 PASTA DAY rigatoni pasta alfredo chicken broccoli | 4 QUESADILLAS chicken cheese spanish rice sweet corn cake | 5 BREAKFAST DAY bagels and cream cheese sausage homefries | 6 SANDWICH DAY sloppy joes wheat bun baked crinkle cut fries | 7 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies |
| 10 PASTA DAY cheese pierogies fresh steamed veggies | 11 NACHO DAY build your own ground beef black beans rice lettuce, cheddar cheese salsa sour cream | 12 BREAKFAST DAY waffles bacon cheesy eggs berry syrup | 13 NO SCHOOL | 14 NO SCHOOL |
| 17 PASTA DAY baked rigatoni ricotta and mozzarella cheese fresh steamed veggies | 18 TACO DAY shredded chicken brown rice black beans salsa, sour cream cheddar cheese lettuce tortilla chips | 19 BREAKFAST DAY pancakes sausage scrambled eggs hash browns | 20 SANDWICH DAY BBQ pulled pork on a wheat bun sweet potato tots | 21 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies |
| 24 PASTA DAY pasta marinara meatballs green beans | 25 NACHO DAY build your own ground beef black beans rice lettuce, cheddar cheese salsa sour cream | 26 BREAKFAST DAY assorted muffins scrambled eggs hash browns | 27 SANDWICH DAY cheeseburgers baked crinkle cut fries fresh veggies | 28 PIZZA DAY whole wheat dough meatball, bacon or cheese fresh veggies |
| 31 PASTA DAY mac and cheese steamed vegetables fresh fruit | | | | |

