

# ECP OCTOBER 2023

monday	tuesday	wednesday	thursday	friday
<p>cereal apples 1% milk</p> <p>2</p> <p>BBQ pork sandwich on wheat peas pineapple</p>	<p>cinnamon muffin peaches 1% milk</p> <p>3</p> <p>cheese quesadilla black beans seasoned rice sliced oranges</p>	<p>cereal bars applesauce 1% milk</p> <p>4</p> <p>waffles turkey sausage sweet potato tots pears</p>	<p>strawberry yogurt banana 1% milk</p> <p>5</p> <p>chicken nuggets glazed carrots cantaloupe</p>	<p>cereal mandarin oranges 1% milk</p> <p>6</p> <p>cheese pizza seasoned green beans honeydew</p>
<p>cereal apples 1% milk</p> <p>9</p> <p>turkey and cheddar on wheat fresh baked green beans sliced oranges</p>	<p>blueberry muffin peaches 1% milk</p> <p>10</p> <p>chicken burrito bowl black beans, seasoned rice cheddar cheese, sour cream pineapple</p>	<p>cereal bars applesauce 1% milk</p> <p>11</p> <p>pancakes turkey sausage sweet potato tots pears</p>	<p>vanilla yogurt banana 1% milk</p> <p>12</p> <p>chicken nuggets peas cantaloupe</p>	<p>cereal mandarin oranges 1% milk</p> <p>13</p> <p>cheese pizza broccoli honeydew</p>
<p>cereal apples 1% milk</p> <p>16</p> <p>cheese quesadilla green beans sliced oranges</p>	<p>blueberry muffins peaches 1% milk</p> <p>17</p> <p>beef burrito bowl black beans, seasoned rice cheddar cheese, sour cream pineapple</p>	<p>cereal bars applesauce 1% milk</p> <p>18</p> <p>waffles turkey sausage sweet potato tots pears</p>	<p>vanilla yogurt banana 1% milk</p> <p>19</p> <p>mac and cheese broccoli cantaloupe</p>	<p>cereal mandarin oranges 1% milk</p> <p>20</p> <p>cheese pizza carrots honeydew</p>
<p>cereal apples 1% milk</p> <p>23</p> <p>cheeseburger on wheat bun sweet potato tots pears</p>	<p>cinnamon muffin peaches 1% milk</p> <p>24</p> <p>cheese quesadilla black beans sliced oranges</p>	<p>cereal bars applesauce 1% milk</p> <p>25</p> <p>pancakes turkey sausage sweet potato tots cantaloupe</p>	<p>strawberry yogurt banana 1% milk</p> <p>26</p> <p>chicken nuggets peas pineapple</p>	<p>cereal mandarin oranges 1% milk</p> <p>27</p> <p>cheese pizza broccoli honeydew</p>
<p>cereal apples 1% milk</p> <p>30</p> <p>chicken sandwich on wheat bun green beans pears</p>	<p>cinnamon muffin peaches 1% milk</p> <p>31</p> <p>beef tacos black beans seasoned rice sliced oranges</p>			

\*menu subject to change

