

# LCA OCTOBER 2023

monday	tuesday	wednesday	thursday	friday
<b>SANDWICH DAY</b> BBQ pulled pork on a wheat bun tater tots roasted cauliflower <b>2</b>	<b>QUESADILLAS</b> chicken or cheese black beans seasoned rice <b>3</b>	<b>BREAKFAST DAY</b> waffles turkey sausage cheesy eggs sweet potato tots <b>4</b>	<b>PASTA DAY</b> creamy beef stroganoff glazed carrots <b>5</b>	<b>PIZZA DAY</b> bacon or cheese seasoned green beans <b>6</b>
<b>SANDWICH DAY</b> grilled cheese tomato soup fresh baked green beans <b>9</b>	<b>BURRITO DAY</b> chicken burrito bowls black beans seasoned rice lettuce cheddar cheese sour cream <b>10</b>	<b>BREAKFAST DAY</b> pancakes turkey sausage cheesy eggs tater tots <b>11</b>	<b>NO SCHOOL</b> <b>12</b>	<b>NO SCHOOL</b> <b>13</b>
<b>SANDWICH DAY</b> buffalo chicken wrap tater tots fresh seasoned green beans <b>16</b>	<b>TACO DAY</b> beef tacos black beans seasoned rice cheddar cheese lettuce sour cream <b>17</b>	<b>BREAKFAST DAY</b> waffles turkey sausage sweet potato tots cheesy eggs <b>18</b>	<b>PASTA DAY</b> mac and cheese cheddar broccoli <b>19</b>	<b>PIZZA DAY</b> bacon and cheese pizza roasted cauliflower <b>20</b>
<b>SANDWICH DAY</b> cheeseburger on wheat bun sweet potato tots <b>23</b>	<b>NACHO DAY</b> seasoned chicken nachos black beans cheddar cheese lettuce sour cream <b>24</b>	<b>BREAKFAST DAY</b> pancakes turkey sausage hash browns cheesy eggs <b>25</b>	<b>PASTA DAY</b> creamy parmesan garlic pasta glazed carrots <b>26</b>	<b>PIZZA DAY</b> sausage or cheese pizza broccoli <b>27</b>
<b>SANDWICH DAY</b> BBQ chicken sandwich on wheat bun tater tots seasoned mixed veggies <b>30</b>	<b>ENCHILADA DAY</b> beef enchiladas seasoned rice <b>31</b>			

