

October



2022

* Menu subject to change due to Covid-19 and food delivery availability. Thank you for

Mon	Tue	Wed	Thu	Fri	Sat
3 Chicken Casserole Vegetables Bread Milk Fruit	4 Spaghetti Vegetables Milk Bread Fruit	5 Chicken Nuggets Vegetables Bread Milk Fruit	6 Stuffed Peppers Bread Cucumbers Milk Fruit	7 Fish Sticks vegetables Bread Milk Fruit	
10 Ravioli Cucumbers Fruit	11 Chicken & Rice Vegetables Bread Milk Fruit	12 Mac-n-cheese Vegetables Bread Milk Fruit	13 Taco Salad Bread Cucumbers Milk Fruit	14 Tuna Casserole Tomatoes Bread Milk Fruit	
17 Grilled Cheese Tomato Soup Cucumbers Milk Fruit	18 Swedish meatballs Cucumbers Milk Fruit	19 Chicken Nuggets rice Tomatoes Milk Fruit	20 Shepard's pie Mashed Potatoes Tomatoes Milk Fruit	21 Fish sticks Veggies Bread Milk Fruit	
24 Ham Bread Cucumbers Milk Fruit	25 Beef Stroganoff Bread Cucumbers Milk Fruit	26 Turkey Vegetables Bread Milk Fruit	27 Steak Fingers Vegetables Bread Milk Fruit	28 Tuna vegetables Bread Milk Fruit	
31 Grilled Cheese Tomato Soup Cucumbers Milk Fruit 					