



October 2023



	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
WEEK 1	Roasted Chicken Mixed Veggies OR Salad Bar	Hot Dog Veggie Fritters OR Salad Bar	Cheese Quesadilla Refried Beans OR Salad Bar	Spaghetti w/ Meatballs OR Salad Bar	Sloppy Joes Roasted Potatoes OR Salad Bar
	GF/ DF	GF/ DF	GF Option	DF/ GF Option	GF/ DF
	9	10	11	12	13
	Orange Chicken w/ Rice OR Salad Bar	Grilled Cheese Tomato Soup OR Salad Bar	Chicken Soft Taco Black Beans OR Salad Bar	Pepperoni Pizza Fresh Veggies NO SALAD BAR	4th Grade FIELD TRIP Meatloaf Mashed Potatoes OR Salad Bar
GF Option	GF Option	GF Option	DF/ GF Option	GF/ DF	
	16	17	18	19	20
WEEK 3	Cheeseburgers* Roasted Potatoes OR Salad Bar	K-2nd FIELD TRIP Mac & Cheese Chicken Sausage OR Salad Bar	NO SCHOOL	NO SCHOOL	NO SCHOOL
	GF/ DF Options	GF Option			
	23	24	25	26	27
	Chili w/ Toppings Bar OR Salad Bar	Broccoli Beef Fried Rice OR Salad Bar	Cheesy Chicken Enchilada Bake OR Salad Bar	French Toast Bacon & Eggs NO SALAD BAR	NO SCHOOL
GF/ DF	GF/ DF	GF Option	GF/ DF Options	DF/ GF Option	
	30	31			
WEEK 5	NO SCHOOL	NO SCHOOL	GF: All food is GLUTEN FREE	DF: All food is DAIRY FREE	GF/ DF OPTION: gluten free/ dairy free SUBSTITUTIONS are available