



OCTOBER 2023



APPLES



Pancakes Sausage Potato Triangles Dragon Juice Applesauce GRAB & GO SALAD (7-12) Nutri Grain Bar Yogurt Tropical Fruit 2	Corn Dog Creamed Lettuce Broccoli & Cauliflower/Dip Mixed Fruit GRAB & GO SALAD (7-12) Banana Bread Cereal Applesauce 3	Soft Taco Lettuce & Tomato Salsa Refried Beans Blueberries GRAB & GO SALAD (7-12) Breakfast Sandwich or Cereal & Tiger Bites Mixed Fruit 4	Cheeseburger (K-12) Buffalo Chicken Wrap (6-12) French Fries Tropical Fruit GRAB & GO SALAD (7-12) Muffin Yogurt Parfait Raisins 5	1:00 DISMISSAL PBJ Doritos Mini Carrots/Dip Apple Slices Cinnamon Roll String Cheese Tropical Fruit 6
NO SCHOOL				
	Italian Wrap Tossed Salad Mini Carrots/Dip Mango GRAB & GO SALAD (7-12) Cocoa Cherry Bar Cereal Apple Slices 10	Salisbury Steak Whipped Potatoes & Gravy Green Beans Strawberries Dinner Roll GRAB & GO SALAD (7-12) Egg & Cheese Wrap or Cereal & Tiger Bites Mango 11	Meatball Sub Chips Pears GRAB & GO SALAD (7-12) Muffin Yogurt Parfait Strawberries 12	Turkey & Gravy over Biscuits Peas Coleslaw Mixed Fruit Pumpkin Bar Pancake Stick String Cheese Pears 13
Waffle Sausage Potato Triangles Cherry Star Juice Applesauce GRAB & GO SALAD (7-12) Poptart Yogurt Pineapple 16	Chicken Patty Creamed Lettuce Peppers & Cucumbers/Dip Peaches GRAB & GO SALAD (7-12) Sweet Roll Cereal Applesauce 17	Lasagna Roll Up Steamed Carrots Blueberries Garlic Knot GRAB & GO SALAD (7-12) Breakfast Sandwich or Cereal & Tiger Bites Peaches 18	Chicken Nuggets (K-12) General Tso (6-12) Rice Broccoli Mandarin Oranges GRAB & GO SALAD (7-12) Muffin Yogurt Parfait Raisins 19	Stuffed Crust Pizza Pasta Salad Apple Funnel Cake String Cheese Mandarin Oranges 20
French Toast Sausage Potato Triangles Sunset Sip Juice Applesauce GRAB & GO SALAD (7-12) Granola Bar Yogurt Apple 23	Grilled Cheese Tossed Salad Mini Carrots/Dip Mixed Fruit GRAB & GO SALAD (7-12) Donut Cereal Applesauce 24	Chicken Drumsticks Whipped Potatoes & Gravy Corn Strawberries Biscuit GRAB & GO SALAD (7-12) Egg & Cheese Wrap or Cereal & Tiger Bites Mixed Fruit 25	Hamburger or Fish Sandwich Macaroni & Cheese Peas Coleslaw Orange GRAB & GO SALAD (7-12) Muffin Yogurt Parfait Strawberries 26	Cheeze Bread Dipping Sauce Broccoli Salad Apple Slices Apple Turnover Cereal Orange 27
Pancakes Sausage Potato Triangles Dragon Juice Applesauce GRAB & GO SALAD (7-12) Nutri Grain Bar Yogurt Apple Slices 30	Chicken Nuggets (K-12) General Tso (6-12) Rice Broccoli Mandarin Oranges GRAB & GO SALAD (7-12) Banana Bread Cereal Applesauce 31			

BREAKFAST & LUNCH ARE FREE FOR ALL STUDENTS

BREAKFAST INCLUDES JUICE & MILK, LUNCH INCLUDES MILK—Fat Free, 1% & Fat Free Chocolate Milk

MENU SUBJECT TO CHANGE

Keep your children healthy & strong with SNAP & nutritious foods all year long. Apply for SNAP at 1-833-834-2900 or online at www.TapestryOfHealth.org