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*EHS/HS*

*OCTOBER 2022*

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <p>3</p> <p>WG Cereal<br/>Diced Peaches</p> <p>Diced Chicken<br/>Broccoli<br/>Pineapples</p> <p>Diced Pears<br/>Pretzel Twist</p>                               | <p>4</p> <p>French Toast Sticks<br/>Pineapples</p> <p>Turkey Meatballs<br/>Peas<br/>Pears<br/>Spaghetti Noodles</p> <p>Unsweetened Juice<br/>Cheez it</p>  | <p>5</p> <p>Pancake<br/>Diced Pears</p> <p>Turkey<br/>Green Beans<br/>Mandarin Oranges<br/>WG Wheat Bread</p> <p>Applesauce<br/>Graham Crackers</p> | <p>6</p> <p>WG Cereal<br/>Mandarin Oranges</p> <p>Hamburger<br/>Baked Beans<br/>Pineapples<br/>WG Hamburger Bun</p> <p>Unsweetened Juice<br/>Ritz Crackers</p> | <p>7</p> <p>Waffle<br/>Warm Apples</p> <p>Fish<br/>Carrots<br/>Mixed Fruit<br/>WG Wheat Bread</p> <p>Peaches<br/>Sun Chips</p>                   |
| <p>10</p> <p>Buttermilk Biscuit<br/>Warm Apples Slices</p> <p>Salisbury Steak<br/>Green Beans<br/>Peaches<br/>Noodles</p> <p>Unsweetened Juice<br/>Goldfish</p> | <p>11</p> <p>Oatmeal<br/>Peaches</p> <p>Chicken Patty<br/>Corn<br/>Mandarin Oranges<br/>WG Wheat Bread</p> <p>Yogurt<br/>Graham Crackers</p>   | <p>12</p> <p>French Toast Sticks<br/>Diced Pears</p> <p>Diced Chicken<br/>Broccoli<br/>Peaches<br/>Rice</p> <p>Mixed Fruit<br/>Wheat Crackers</p>   | <p>13</p> <p>WG Cereal<br/>Mixed Fruit</p> <p>Turkey Meatballs<br/>Carrots<br/>Pears<br/>Hot Dog Bun</p> <p>Applesauce<br/>Cheez it</p>                        | <p>14</p> <p>Bagel<br/>Pineapples</p> <p>Chicken Steak<br/>Greens<br/>Mandarin Oranges<br/>Hot Dog Bun</p> <p>Unsweetened Juice<br/>Pretzels</p> |
| <p>17</p> <p>Waffle<br/>Diced Pears</p> <p>Hamburger<br/>Baked Beans<br/>Mandarin Oranges<br/>WG Hamburger Bun</p> <p>String Cheese<br/>Wheat Crackers</p>      | <p>18</p> <p>French Toast<br/>Mandarin Oranges</p> <p>Chicken Nuggets<br/>Fries<br/>Pineapples<br/>WG Wheat Bread</p> <p>Unsweetened Juice<br/>Cheez it</p>  | <p>19</p> <p>Pancake<br/>Mixed Fruit</p> <p>Steak Umm<br/>Peas<br/>Diced Peaches<br/>WG Hotdog Bun</p> <p>Diced Pears<br/>Animal Cookies</p>        | <p>20</p> <p>WG Cereal<br/>Peaches</p> <p>Turkey Meatballs<br/>Green Beans<br/>Diced Pears<br/>Spaghetti</p> <p>Unsweetened Juice<br/>Goldfish</p>             | <p>21</p> <p><b>SCHOOL CLOSED</b></p> <p><b>PROFESSIONAL DEVELOPMENT DAY!</b></p>  |
| <p>24</p> <p>French Toast Sticks<br/>Mixed Fruit</p> <p>Chicken Tenders<br/>Smiley Fries<br/>Peaches<br/>WG Wheat Bread</p> <p>Applesauce<br/>Club Crackers</p> | <p>25</p> <p>Biscuit<br/>Warm Apples Slices</p> <p>Fish Wedge<br/>Carrots<br/>Pineapples<br/>WG Wheat Bread</p> <p>Unsweetened Juice<br/>Pretzel Twist</p>   | <p>26</p> <p>WG Cereal<br/>Peaches</p> <p>Turkey Meatballs<br/>Corn<br/>Mandarin Oranges<br/>Spaghetti</p> <p>Diced Peaches<br/>Sun Chips</p>       | <p>27</p> <p>Waffles<br/>Diced Pears</p> <p>Salisbury Steak<br/>Greens<br/>Mixed Fruit<br/>WG Wheat Bread</p> <p>Unsweetened Juice<br/>Cheez it</p>            | <p>28</p> <p>Oatmeal<br/>Peaches</p> <p>Chicken Fajita<br/>Peas<br/>Diced Peaches<br/>Wheat Wrap</p> <p>Yogurt<br/>Graham Crackers</p>           |
| <p>31</p> <p>WG Cereal<br/>Diced Peaches</p> <p>Diced Chicken<br/>Broccoli<br/>Pineapples</p> <p>Diced Pears<br/>Pretzel Twist</p>                              | <p><b>Notes:</b></p> <p><b>MILK IS SERVED DAILY</b></p> <p>Children 12 – 24 months Whole Vitamin D Milk<br/>Children over 24 months 1% Low-fat Milk</p> <p>Cold Cereal = Cheerios, Corn Flakes, Rice Krispies,<br/>Corn Chex, Wheat Chex, Kix</p> <p><b>THIS IS A PEANUT/PEANUT PRODUCT FREE AND PORK/PORK PRODUCT FREE MENU</b></p> |   |  |  |