



October 2023 Lunches

2	BLT on a Hoagie, Chips, Fruit, Veggies, Milk	GF
3	Spaghetti w/ Meat Sauce, Breadsticks, Fruit, Milk	GF
4	Orange Chicken, Rice, Fruit, Veggies, Milk	
5	Beef Stew, Bread, Fruit, Veggies, Milk	GF
6	Pizza (Cheese or Pepperoni), Fruit, Veggies, Milk	GF
9	Street Steak Tacos, Black Beans, Mexican Corn, Fruit, Milk	GF
10	Hot Dog, Chips, Fruit, Veggies, Milk	GF
11	Chicken Caesar Wraps, Fruit, Veggies, Milk	GF
12	Cheese Ravioli, Breadsticks, Salad, Fruit, Milk	GF
13	Pizza (Cheese or Pepperoni), Fruit, Veggies, Milk	GF
16	Chicken & Cheese Quesadilla, Spanish Rice, Fruit, Milk	GF
17	Meatball Sub, Fruit, Veggies, Milk	GF
18	Asian Dumplings, Rice, Fruit, Veggies, Milk	
19	No School - Preschool Closed, K-8 Parent/Teacher Conferences	
20	No School - End of 1st Quarter, Professional Development	
23	Lasagna, Breadsticks, Fruit, Veggies, Milk	GF
24	Cheeseburger, Fries, Fruit, Veggies, Milk	GF
25	Beef & Bean Burrito, Fruit, Veggies, Milk	GF
26	Grilled Ham & Cheese, Chips, Fruit, Veggies, Milk	GF
27	Pizza (Cheese or Pepperoni), Fruit, Veggies, Milk	GF
30	Mac & Cheese, Fruit, Veggies, Milk	GF
31	Tomato Soup, Cheesy Ghost Bites, Fruit, Veggies, Spookalicious Pudding	GF