## **Elementary MENUS OCT 2023**

## Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do - Just get moving!

Questions or Comments?

\*menu is subject to change\*











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Monday	Tuesday	Wednesday	Thursday	Friday
2 Breakfast Sausage Breakfast Pizza Lunch Meatball Sub Bean&Cheese Burrito Turkey&Cheese Sandwich Chicken Garden Salad Seasoned Green Beans	3 <u>Breakfast</u> Warm Banana Muffin <u>Lunch</u> Mac & Cheese Grilled Ham & Cheese Sundwich Ham&Cheese Sub Chicken Caesar Salad Peppered Broccoli	4 Breakfast Fresh Cinnamon Roll Lunch Chicken Snowbowl Cheese Quesadilla Ham & Cheese Sandwich Chef Salad Buttery Corn	5 <u>Breakfast</u> Strawberry Poptart <u>Lunch</u> Pepperoni Pizza Chicken Fajita Turkey&Cheese Sub Ham & Cheese Salad Steamed Carrots	6 <u>Breakfast</u> Turkey & Cheese Biscuit <u>Lunch</u> Hot Dog Baby Canots
9 Breakfast Donut Holes Lunch Orange Chicken Chicken Quesadilla Turkey&Cheese Sandwich Chicken Garden Salad Buttery Corn	Cheesy Eggs & Hashbrown Lunch Cheesy Newhoo Sloppy Toe Sub or Salud Buttery Carrots	11 Breakfast Fresh Cinnamon Roll Lunch Corn Dog Boby Currots	12 <u>Breakfast</u> Fluffy Pancakes <u>Lunch</u> Cheely Breadsticks	13 <u>Breakfast</u> Sausage Breakfast Pizza <u>Lunch</u> Cheeseburger I  Crinkle Fries
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Breakfast Belgian Waffle Lunch Chicken Nuggets Cheese Quesadilla Turkey&Cheese Sandwich Chicken Garden Salad Seasoned Green Peas	24 Breakfast Donut Holes Lunch Spicy Chicken Tenders Bean&Cheese Burrito Ham&Cheese Sub Chicken Caesar Salad Mashed Potatoes & Gravy	25 <u>Breakfast</u> Fresh Cinnamon Roll <u>Lunch</u> Pepperoni Pizza Chicken Fried Rice Ham & Cheese Sandwich Chef Salad Steamed Carrots	26 <u>Breakfast</u> Sausage Egg Breakfast Burrito <u>Lunch</u> Cheese Enchiladas Hot Dog Turkey&Cheese Sub Ham & Cheese Salad Refried Beans	27 <u>Breakfast</u> Warm Blueberry Muffin <u>Lunch</u> Cheesy Chicken Tacos Grilled Cheese Sandwich PB&J Sandwich Popcorn Chicken Salad Buttery Corn
30 Breakfast Sausage Breakfast Pizza Lunch Cheesy Nachos Bean&Cheese Burrito Turkey&Cheese Sandwich Chicken Garden Salad Refried Beans	31 Breakfast French Toast Sticks Lunch Cheese Pizza Chicken Teriyaki Ham&Cheese Sub Chicken Caesar Salad Buttery Carrots			