

# October 2022

Mon	Tue	Wed	Thu	Fri
3 Meatloaf Mashed Potatoes Green Beans Fruit	4 Chicken and Rice Peas and Carrots Fruit	5 Hamburger French Fries Fruit	6 Popcorn Chicken Salad Roll Fruit	7 Turkey Sandwich Chips Fruit
10 Beefy Mac Corn Fruit	11 Red Beans and Sausage Rice Cornbread Muffin Fried Okra Fruit	12 Hamburger French Fries Fruit	13 Taco Soup Nacho Chips Fruit	14 Chicken Tenders French Fries Fruit
17 Salisbury Steak Mashed Potato Peas Fruit	18 Chicken Pot Pie Green Beans Fruit	19 Hamburger French Fries Fruit	20 Corndog Nachos w/Cheese Fruit	21 Pizza Tater Tots Fruit
24 Spaghetti W/Meatballs Green Beans Garlic Bread Fruit	25 Chicken Taquitos Rice Corn on the Cob Fruit	26 Hamburger French Fries Fruit	27 Hot Dog Tater Tots Fruit	28 Chicken Sandwich Chips Fruit
31 Chicken Nuggets Macaroni and Cheese Green Beans				