

# October 2023

Mon	Tue	Wed	Thu	Fri
2 Beef Stew w/ Rice Corn on the Cob Cornbread Muffin Fruit	3 Ham Sweet Potato Casserole Green Beans	4 Hamburger French Fries Fruit	5 Popcorn Chicken Salad Roll Fruit	6 Sloppy Joe Sandwich Tater Tots Fruit
9 Fried Chicken Scalloped Potatoes Green Beans	10 Spaghetti w/Meatballs Broccoli Roll Fruit	11 Hamburger French Fries Fruit	12 Chicken Noodle Soup Cheese Toast Fruit	13 Hot Dog Tater Tots Fruit
16 Red Beans w/ Sausage Rice Fried Okra Cornbread Muffin Fruit	17 Chicken Alfredo Broccoli Fruit	18 Hamburger French Fries Fruit	19 Corndog Nachos w/ Cheese Fruit	20 Ravioli Cheese Toast Fruit
23 Turkey Pot Roast w/ Rice Mixed Vegetables Fruit	24 Chicken Taquitos Yellow Rice Mexican Corn Fruit	25 Hamburger French Fries Fruit	26 Taco Soup w/ Chips Fruit	27 Chicken Sandwich Chips Fruit
30 Country Fried Steak Mashed Potatoes Peas and Carrots Fruit	31 Turkey Sandwich Chips Fruit			