OCtober 2022-2023

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| **mon** | **tue** | **wed** | **thu** |
| 03 | 04 | 05 | Stone Soup 06/07 |
| B: Frosted Mini Wheats, Oranges, MilkL: Cheesy Bean Dip & Tortilla Chips, Salad, Pears, MilkS: Pretzels, String Cheese, Milk | B: Hard Boiled Eggs, Peaches, Toast, MilkL: Mini Chicken Dogs, Tater Tots, Carrots & Dip, MilkS: Fresh Fruit Smoothie, Graham Crackers | B: Biscuits with Jelly and Honey, Mandarin Oranges, Milk L: Sweet and Sour Chicken, Rice, Pineapple, Coleslaw, MilkS: Pumpkin Muffins, Milk | B: Breakfast Rice, Bananas, MilkL: Stone Soup, WW rolls, Mixed fruit, MilkS: Strawberry Bagel Bites, Milk**\*FULL DAY MAKE UP DAY FRIDAY!**  (Chief’s Choice) |
| 10 | 11 | 12 | 13 |
| B: Turkey Sausage Egg Muffin, Pineapple, Milk L: Beefy Rice Casserole, Carrots & Celery, Plums, MilkS: Cottage Cheese, WW Crackers  | B: Bagel, Mandarin Oranges, Milk L: Refried bean Tostadas, Salsa, Sour Cream, Mellon, MilkS: Breadsticks, Marinara | B: Cream of Wheat, Peaches, MilkL: Spaghetti, Green Beans, Pears, MilkS: WW English Muffin with Peanut Butter, Milk | B: Blue Berry Bran Muffin, Applesauce, MilkL: Winter Vegetable Bean Soup with Noodles, WW Crackers, Oranges, MilkS: Banana Bread, Apple slices  |
| 17 | 18 | 19 | 20 |
| B: Mixed Berry Yogurt Parfait, MilkL: Sloppy Joes, WW roles, Broccoli, Peaches, Milk S: Cheese Quesadilla, Milk | B: Corn Chex, Pears, MilkL: Chicken Enchiladas, Green Salad, PeachesS: Carrots, Peanut Butter & WW Crackers | B: Cheesy Scrambled Eggs, Oranges, MilkL: BBQ Chicken Pizza, Green Salad, Pineapple, MilkS: Zucchini Bread, Milk | B: Cream of the West, Strawberries, MilkL: Turkey and Cheese Sandwiches, Cucumber Slices, Apples, MilkS: Chex Mix, Milk  |
| 24 | 25 | 26 | 27 |
| B: Biscuits, Ham, Pineapple, MilkL: Goulash, Gingered Cabbage Salad, MilkS: Cheese, WW Crackers | B: Cinnamon Bread, Applesauce, Milk L: Chicken Nuggets, Mac n Cheese, Snap Peas, Apples, MilkS: Yogurt, Strawberry Parfait  | B: Scrambled Eggs, WW Bread, Cantaloupe, MilkL: Cold Ham & Pea Pasta Salad, WW Rolls, Peaches, Milk S: Cheese Quesadilla WW, Milk | B: Cranberry Scones, Oranges, MilkL: Taco Soup, Tortilla Chips, Bananas, Milk!S: Chex Mix, Milk |
| Halloween 31 |  |  | -BRASSICAS- |
| B: Super Power Smoothies, Toast, MilkL: Spooky Tuna Sandwiches, Cucumbers, Cuties, MilkS: Pumpkin Bread, Apples, Milk | Region/Culture Highlighted: Mexico/Latin America |   |  |