



OCTOBER MENU 2022



“For he satisfies the thirsty
and fills the hungry with good things.”
Psalm 107:9

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Chicken Tenders Corn Vanilla Pudding</p>	<p>4. Baked Ham Hashbrown Casserole Mixed Fruit</p>	<p>5. Turkey & Cheese Wraps Veggie Straws Apples</p>	<p>6. Pizza Salad Jello</p>	<p>7. Bag Lunch International Food Day</p>
<p>10 Corn Dogs French Fries Mandarins</p>	<p>11 Chicken Soft Taco Black beans Pears</p>	<p>12. Cheeseburger Macaroni Northern Beans Tropical Fruit</p>	<p>13 Hamburger Steak Mashed Potatoes w/ gravy Warm Apples</p>	<p>14. Pizza Veggie Straws Bananas</p>
<p>17. Fish Sticks Carrots Applesauce</p>	<p>18 Cheese Quesadilla's Yellow Rice Jello</p>	<p>19 Ham & Cheese Sandwich Potato Wedges Strawberries</p>	<p>20. Pancakes Blueberries Yogurt</p>	<p>21 Pizza Chips Fruit</p>
<p>24 Italian Ziti w/ sausage Green Beans Apple Cobbler</p>	<p>25 Crunchy Beef Tacos Refried Beans Pineapples</p>	<p>26 Grilled Chicken Salad Rolls Grapes</p>	<p>27 French Toast Scrambled Eggs Yogurt</p>	<p>28. Pizza Cheeseballs Fruit</p>
<p>31 Teriyaki Chicken & Rice Steamed Broccoli Applesauce</p>				