

October 2022

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| <p>24 Monday</p> <p>Breakfast: Blueberry Pancakes w/syrup, or assorted cereal</p> <p>Lunch: Spicy Chicken Sandwich, seasoned potato, fresh broccoli w/ranch dip</p> <p>Deli: Ham & Cheese Sandwich fresh broccoli w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p> | <p>25 Tuesday</p> <p>Breakfast: Bagel w/cream cheese or cereal</p> <p>Lunch: Spaghetti & 2 Meatballs, roll & margarine</p> <p>Deli: Turkey & Cheese sandwich cucumber slices w/ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>26 Wednesday</p> <p>Breakfast: Egg, ham, & Cheese, Quesadilla or assorted cereal</p> <p>Lunch: Loaded Nachos, tortilla chip, taco meat, salsa, cheese, sour cream, lettuce & tomato</p> <p>Deli: Ham & Cheese Sandwich, carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & Roll</p> | <p>27 Thursday</p> <p>Breakfast: Waffle w/sausage & syrup or assorted cereal</p> <p>Lunch: Corn Dog, honey mustard dipping sauce, baked beans, corn</p> <p>Deli: Turkey & Cheese Sandwich Black bean salad</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>28 Friday</p> <p>Breakfast: Egg, Sausage, & Cheese on an English Muffin or assorted cereal</p> <p>Lunch: Pizza & Tossed Salad</p> <p>Deli: Ham & Cheese Sandwich</p> <p>Salad: Chicken Caesar Salad w/ romaine mix, croutons, parmesan cheese, & roll</p> |
| | <p>November</p> | | | |
| <p>31 Monday</p> <p>Breakfast: French toast w/syrup, or assorted cereal</p> <p>Lunch: 2 Cheese Stuffed Breadsticks w/marinara, Garden Salad, fresh carrots w/ranch dip</p> <p>Deli: Turkey & Cheese Sandwich fresh carrots w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese, & roll</p> | <p>1 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Quesadilla, Spanish rice, & corn</p> <p>Deli: Ham & Cheese sandwich fresh carrots w/ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>2 Wednesday</p> <p>Breakfast: Egg, ham, & cheese breakfast quesadilla or cereal</p> <p>Lunch: Cheeseburger, baked beans, green beans, lettuce, tomato, pickles</p> <p>Deli: Turkey & Cheese Sandwich w/ black bean salad</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & roll</p> | <p>3 Thursday</p> <p>Breakfast: 2 Pancakes w/sausage & syrup or assorted cereal</p> <p>Lunch: Chicken Noodle soup with Grilled Cheese Sandwich, goldfish</p> <p>Deli: Ham & Cheese Sandwich</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & roll</p> | <p>4 Friday</p> <p>Breakfast: Egg, sausage, & cheese on English Muffin or assorted cereal</p> <p>Lunch 2 Stuffed Pasta shells w/roll, margarine, Romaine Salad</p> <p>Deli: Turkey & Cheese Sandwich fresh broccoli w/ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix parmesan cheese, croutons, & roll</p> |

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