

October 2023

<p>9 Monday</p> <p>Columbus & Indigenous People Day</p>	<p>10 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Enchiladas, black bean and corn fiesta, corn muffin</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & a roll</p>	<p>11 Wednesday</p> <p>Breakfast: :Breakfast sandwich, egg sausage and cheese on a bagel/english muffin or waffle</p> <p>Lunch: American chop suey, green beans, garlic knot</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken caesar w/ romaine mix, croutons, parmesan cheese & a roll</p>	<p>12 Thursday</p> <p>Breakfast: 2 pancakes w/ sausage & syrup or assorted cereal</p> <p>Lunch: Baked chicken, mashed potato ,carrots, and a roll</p> <p>Deli : Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons and a roll</p>	<p>13 Friday</p> <p>Breakfast: Egg, sausage and cheese on an english muffin or assorted cereal</p> <p>PDD 1/2 Day</p>
<p>16 Monday</p> <p>Breakfast: French toast Sticks w/ syrup or assorted cereal</p> <p>Lunch: Chicken wings, mashed potato, broccoli, and a roll</p> <p>Deli; Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken caesar w/ romaine mix, croutons, parmesan cheese and a roll</p>	<p>17 Tuesday</p> <p>Breakfast: Bagel w/ cream cheese or assorted cereal</p> <p>Lunch: Meatball sub, onion rings, and corn</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, & a roll</p>	<p>18 Wednesday</p> <p>Breakfast: Breakfast sandwich, egg, sausage, and cheese on a bagel or english muffin or waffle</p> <p>Lunch: Cheeseburger, baked beans, and chips</p> <p>Deli: Ham and cheese sandwich, fresh carrots, w/ ranch dip</p> <p>Salad: Chicken caesar w romaine mix, croutons parmesan cheese & a roll</p>	<p>19 Thursday</p> <p>Breakfast: 2 pancakes w/ sausage & syrup or assorted cereal</p> <p>Lunch: Soft taco, mexican cheesy rice , refried beans</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli, w/ ranch dip</p> <p>Salad: Grilled chicken, w/ tomato, cucumbers, cheese, croutons and a roll</p>	<p>20 Friday</p> <p>Breakfast: egg, sausage and cheese on an english muffin or assorted cereal</p> <p>Lunch: Domino's Pizza!! Romaine salad</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken caesar w/ romaine mix, parmesan cheese, croutons and a roll</p>