

# October 2023

<p><b>23 Monday</b></p> <p>Breakfast: French toast sticks w/ syrup or assorted cereal</p> <p>Lunch: Spicy chicken patty, sweet potato waffle fries, broccoli</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: chicken Caesar w/ romaine mix, croutons, parmesan cheese &amp; a roll</p>	<p><b>24 Tuesday</b></p> <p>Breakfast: Bagel w/ cream cheese, or assorted cereal</p> <p>Lunch: Hot dog or fish sandwich, tater tots, baked beans</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; a roll</p>	<p><b>25 Wednesday</b></p> <p>Breakfast: Breakfast sandwich, egg sausage and cheese on a bagel/English muffin or waffle</p> <p>Lunch: Appetizer trio, mac and cheese bites, mozzarella sticks, potato skins, green beans</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/ romaine mix, croutons, parmesan cheese &amp; a roll</p>	<p><b>26 Thursday</b></p> <p>Breakfast: 2 pancakes w/ sausage &amp; syrup or assorted cereal</p> <p>Lunch: Orange chicken, lo mein with Asian veggies, fortune cookie</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><b>27 Friday</b></p> <p>Breakfast: Egg, sausage and cheese on an English muffin or assorted cereal</p> <p>Lunch: 2 cheese sticks, w/marinara sauce and romaine salad</p> <p>Deli: Ham and cheese sandwich, fresh carrots w/ ranch dip</p> <p>Salad: Chicken Caesar w/romaine mix, croutons, parmesan cheese &amp; a roll</p>
<p><b>NOVEMBER</b></p>				
<p><b>30 Monday</b></p> <p>Breakfast: French toast Sticks w/ syrup or assorted cereal</p> <p>Lunch: Chicken and cheese quesadilla, Mexican cheesy rice, refried beans, salsa, sour cream</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><b>31 Tuesday Halloween</b></p> <p>Breakfast: Bagel w/ cream cheese or assorted cereal</p> <p>Lunch: Chicken parmesan sandwich, seasoned potato, corn</p> <p>Deli: Turkey and cheese sandwich, fresh broccoli w/ ranch dip</p> <p>Salad: Grilled chicken w/ tomato, cucumbers, cheese, croutons, &amp; a roll</p>	<p><b>1 Wednesday</b></p> <p>Breakfast: Breakfast sandwich, egg, sausage, and cheese on a bagel or English muffin or waffle</p> <p>Lunch: 2 stuffed shells, 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 &amp; a roll</p>	<p><b>2 Thursday</b></p> <p>Breakfast: 2 pancakes w/ sausage &amp; syrup or assorted cereal</p> <p>Lunch: Soup and grilled cheese, carrots, goldfish</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><b>3 Friday</b></p> <p>Breakfast: egg, sausage and cheese on an English muffin or assorted cereal</p> <p>Lunch: <b>Domino's Pizza!!</b> 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>