



# October 2023



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Chicken Tenders Potatoes Cooked Carrots Fruit Milk	2	Mini Cinni/Eggs Tator Tots Fresh Vegetables Fruit Milk	3	Pasta/Meat Sauce Garlic Breadstick Green Beans Tossed Salad Fruit Milk	4	Hot Dog Baked Beans Onion Rings Fresh Vegetables Fruit Milk	5	No School
8	No School	9	No School	10	Chicken on the Beach Roasted Broccoli Black Beans Fruit Milk	11	BBQ Rib on Bun Baked Beans Sweet Potato Fries Fruit Milk	12	Grilled Cheese Tomato Soup/Crackers Green Beans Fruit Milk
15	Chicken Smackers/Roll Mashed Potatoes Cauliflower Fruit Milk	16	Texas Cinnamon Toast/ Eggs Scramble Hash Brown Rounds Fresh Vegetables Fruit Milk	17	Corn Dog Green Beans Sweet Potato Fries Fruit Milk	18	Cheeseburger/Hamburger Baked Beans Potatoes Tossed Salad Fruit Milk	19	Papa John's Pizza Corn Fresh Vegetables Fruit Milk
22	Salsbury Steak/Roll Mashed Potatoes/Gravy Edamame Fruit Milk	23	Donut Ring Sausage Links Tator Tots Fresh Vegetables Fruit Milk	24	Chicken Alfredo Breadstick Broccoli Fruit Milk	25	Breaded Chicken Patty Peas Seasoned Curly Fries Fruit Milk	26	Bosco Cheese Stick w/ Marinara Sauce Green Beans Fresh vegetables Fruit Milk
29	Chicken Nuggets Potato Wedges Baby Carrots Fruit Milk	30	French Toast Sticks/ Eggstravaganza Potato Smiles Fresh Vegetables Fruit Milk	31	Nachos with Cheese Corn Refried Beans Lettuce Salad Fruit Milk				

**\*\* Daily Alternates:** *Uncrustable (Wow Butter or Sun Butter) Lite String Cheese/Crackers or Yogurt Kit/ Granola (Cereal) Lite String Cheese/Crackers*

*\* Menu subject to change due to availability*

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## CHRIST THE KING SCHOOL