

OCTOBER 2023 LUNCH

HALLOWEEN HUMOR

Question:

Why was the Jack -O-Latern afraid to cross the road?
Why didn't the scarecrow eat dinner?

Answer:

He had no guts
He was already stuffed



Monday	Tuesday	Wednesday	Thursday	Friday
02 Mini Corn Dogs Ketchup/Crackers or Grilled Chicken Chunks Ranch/Cheese Crackers Peas & Carrots Baked Beans+ Fresh Apple	03 Spaghetti & Meatballs or Chicken Parmesan Broccoli & Cauliflower Fresh Pear Breadstick	04 Hamburger Ketchup & Mustard or Grilled Chicken Patty Green Beans Tater Tots Fresh Melon Applesauce	05 Chicken Nuggets BBQ Sauce or Sweet n Sour Meatballs Brown Rice Corn Fresh Orange	06 Sausage Pizza or Taco Bites Romaine Salad/Ranch Baby Carrots Grapes Raisins Condiments
09 Meatball Sub Marinara Sauce or Hot Dog Ketchup/Mustard/Apple Sauce Green Beans Tropical Fruit Cup 	10 Chicken Strips BBQ Sauce or Sloppy Joe Hamburger Bun Diced Carrots Baked Beans+ Fresh Pear	11 Chicken Tortellini Alfredo Breadstick or Beef Chili Cornbread Broccoli & Cauliflower Fresh Orange Flavored Applesauce	12 French Toast Sticks Turkey Sausage/Blueberries/Syrup or Chicken Drumstick Corn/Pretzel Tater Tots Diced Pears	13 Cheese Pizza or Cheese Calzone Marinara Sauce Baby Carrots Cole Slaw Pineapple Tidbits
16 Sweet n Sour Chicken or Beef Teriyaki Broccoli & Cauliflower Mandarin Oranges Brown Rice	17 Cheese Lasagna Spaghetti Sauce or Chicken Nuggets Cheez Its Green Peas Pear	18 Swedish Meatballs Beef Gravy / Egg Noodles or Mini Corn Dogs Raisins / Ketchup Green Beans Flavored Applesauce	19 BBQ Rib Patty Sandwich BBQ Sauce or Taco Bites Taco Sauce Corn Pinto Beans Cantaloupe	20 Bosco Sticks Marinara Sauce or Stuffed Crust Pizza Juice Baby Carrots Grapes Diced Peaches
23 Nachos Cheddar Cheese or Grilled Chicken Chunks BBQ Sauce Diced Carrots Black Beans Flavored Applesauce Tortilla Chips	24 Cheese Ravioli or Meatball Sub Marinara Sauce Broccoli Sweet Potato Tots Tropical Fruit Cup	25 Meatloaf Ketchup or Grilled Chicken Breast Chicken Gravy Green Beans Mashed Potatoes Pear Bread/Margarine	26 Chicken & Waffles Syrup or Chicken Strips BBQ Sauce Corn Tater Tots Blueberries	27 Cheese Pizza Wedge or Sausage Pizza Romaine Salad/Italian Grape Tomatoes Baby Carrots Orange Pretzel
30 Taco Mac & Cheese or Chicken Rings BBQ Sauce Peas & Carrots Flavored Applesauce Tortilla Chips	31 Chicken Drumstick Cheez Its or Nachos Cheddar Cheese / Tortilla Chips Green Beans Black Beans Orange	<p>MILK contains no artificial growth hormones or antibiotics</p> <p>We use whole grain breads and 100% fruit juice</p> <p>Nutrition and allergen information available at www.FSPro.com</p> <p>Milk is available with all meals Menu items do not contain pork + Does not contain meat</p>		

