



OCTOBER 2022 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
3 Deep Dish Galaxy Cheese Pizza + Steamed Carrots Fresh Fruit	4 Classic Hamburger Ketchup Emoticon Fries / Ketchup 100% Fruit Juice	5 Rotini with Meatballs Spinach Salad / Ranch Dressing Grape Tomatoes Fresh Fruit	6 Hot Diggity Dog Ketchup BBQ Black Beans Flavored Applesauce	7 Salisbury Steak with Gravy / Egg Noodles Steamed Green Beans Fresh Fruit
10 Bosco Sticks + Marinara Sauce Steamed Green Beans Fresh Fruit	11 NEW Chicken Enchiladas Mexican Corn Refried Beans + Fresh Fruit	12 Chicken LoMein Steamed Carrots 100% Fruit Juice	13 Korean Meatballs Brown Rice Tossed Salad / Ranch Dressing Baby Carrots Fresh Fruit	14 Classic Hamburger Ketchup Coleslaw 100% Fruit Juice
17 Pizza Crunchers + Steamed Broccoli Fresh Fruit	18 French Toast Sticks Poultry Sausage Tater Tots / Ketchup Fresh Fruit	19 Cheeseburger Ketchup Sweet Golden Corn Fresh Fruit	20 Chicken Tenders Breadstick / BBQ Sauce Baby Carrots Grape Tomatoes Flavored Applesauce	21 NEW Chicken Patty & Waffles BBQ Black Beans Fresh Fruit
24 Italian Cheese & Garlic Cheesy Pull Aparts + Pizza Dipping Sauce Steamed Mixed Vegetables Fresh Fruit	25 Chicken Mashed Potato Bowl Steamed Broccoli Fresh Fruit	26 Hot Diggity Dog Ketchup Sweet Potato Fries Flavored Applesauce	27 Beef Tacos Taco Sauce Refried Beans + Tossed Salad / Ranch Dressing 100% Fruit Juice	28 Chicken Parmesan Sandwich Sweet Golden Corn Fresh Fruit Chocolate Belly Bears
31 Chicken Nuggets Pretzel Rod / BBQ Sauce Steamed Carrots 100% Fruit Juice	National School Lunch Week October 10 - 14 			

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
- Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
- Nutrition and allergen information available at www.FSPro.com
- Menu items do not contain pork
- + Item does not contain meat

Menu Subject to Change

Please visit us at www.FSPro.com

This institution is an equal opportunity provider.