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# October 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Teriyaki Chicken - WG Rice - Lentils - Fresh Fruit - Milk	3 Beefaroni - Dinner Roll - Carrots - Fresh Fruit - Milk	4 Roasted Pork - Moro Rice - Plantains - Fresh Fruit - Milk	5 Imperial Rice - Mixed Vegetables - Fresh Fruit - Milk	6 Pizza - Green Salad - Fruit Snack - Milk	7
8	9 Chicken Patties - WG Rice - Lentils - Fresh Fruit - Milk	10 Meatloaf - WG Rice - Mixed Vegetables - Fresh Fruit - Milk	11 Chicken Nuggets - WG Rice - Tater Tots - Fruit- Milk	12 Arroz Campesino - Mixed Vegetables - Fresh Fruit - Milk	13 Pizza - Green Salad - Fruit Snack - Milk	14
15	16 Salisbury Steak - WG Rice - Lentils - Fresh Fruit - Milk	17 Spaghetti Bolognesa - Roll - Carrots - Fresh Fruit - Milk	18 Roasted Chicken - WG Rice - Mixed Vegetables - Fresh Fruit - Milk	19 Arroz con Pollo - Green Beans - Fresh Fruit - Milk	20 Pizza - Green Salad - Fruit Snack - Milk	21
22	23 Hamburger - WW Bun - BBQ Lentils - Fresh Fruit - Milk	24 Beefaroni - Dinner Roll - Carrots - Fresh Fruit - Milk	25 Roasted Pork - Moro Rice - Plantains - Fresh Fruit - Milk	26 Imperial Rice - Mixed Vegetables - Fresh Fruit - Milk	27 Pizza - Green Salad - Fruit Snack - Milk	28
29	30 BBQ Chicken - Moro Rice - Fresh Fruit - Milk	31 Baked Pasta Casserole - Dinner Roll - Carrots - Fresh Fruit - Milk	1	2	3	4
5	6	Notes Skim Milk 1% & Flavored Milk 1%				