

OCTOBER 2024 LUNCH

HALLOWEEN HUMOR

Question:

What is a Scarecrow's favorite fruit?
How does a Scarecrow drink it's juice?



Answer:

STRAW-berries
With a Straw

Monday	Tuesday	Wednesday	Thursday	Friday
	01 Cheese Ravioli Spaghetti Sauce or Meatball Sub Marinara Sauce Broccoli Sweet Potato Tots Fresh Apple	02 Meatloaf Green Beans / Mashed Potatoes Bread / Margarine / Ketchup or Yogurt Parfait Strawberry Yogurt / Granola Cucumbers Slices / Carrots Sunflower Seeds / Honey Graham Crackers Fresh Pear	03 Chicken & Waffles Syrup / Blueberries or Chicken Strips Applesauce / BBQ Sauce Corn Tater Tots	04 NATIONAL TACO DAY Tacos Cheddar Cheese, Flour Tortilla, Corn, Pinto Beans or Cheese Pizza Wedge Romaine Salad/Grape Tomatoes/Carrots Orange
07 Mini Corn Dogs Ketchup or Grilled Chicken Chunks Cornbread Peas & Carrots Baked Beans+ Fresh Apple	08 Chili Mac Breadstick or Popcorn Chicken Educational Crackers / BBQ Sauce Broccoli Diced Carrots Fresh Orange	09 Hamburger Ketchup / Mustard or Grilled Chicken Sandwich Green Beans Tater Tots Fresh Melon Applesauce	10 Chicken Nuggets BBQ Sauce or Sweet n Sour Meatballs Brown Rice Corn Fresh Apple Apple Crunch Day! 	11 Bosco Sticks Marinara Sauce or Turkey Sausage Pizza Romaine Salad/Italian Dressing Baby Carrots Cantaloupe Raisins
<u>NATIONAL</u> 14 BBQ Chicken Chunks BBQ Sauce / Cheese Crackers or Hamburger Ketchup / Mustard Green Beans Baked Beans+ Fresh Apple	<u>SCHOOL</u> 15 NEW  Chicken Tacos Cheddar Cheese / Flour Tortilla or BBQ Rib Patty Sandwich Hoagie Roll Corn Pinto Beans Pineapple Tidbits	<u>LUNCH</u> 16 Pancakes & Sausage Syrup or Chicken Strips Diced Carrots / BBQ Sauce Tater Tots Banana	<u>WEEK</u> 17 NATIONAL PASTA DAY Spaghetti & Meatballs or Chicken Parmesan Spaghetti Sauce Pasta Broccoli & Cauliflower Fresh Pear	<u>JOIN US FOR LUNCH</u> 18 Galaxy Turkey Pepperoni Pizza or Grilled Cheese Romaine Salad/Ranch Grape Tomatoes Cole Slaw Diced Peaches
21 Meatball Sub Hot Dog Bun / Marinara Sauce or Hot Dog Ketchup / Mustard / Tropical Fruit Green Beans Sweet Potato Tots Tropical Fruit Cup	22 Chicken Strips BBQ Sauce or Sloppy Joe Hamburger Bun Diced Carrots Baked Beans+ Fresh Pear	23 Chicken Alfredo Chicken / Pasta / Alfredo Sauce Broccoli & Cauliflower Breadstick or Cheese Pizza Carrots / Juice / Ranch Dressing Fresh Orange	24 French Toast Sticks Turkey Sausage / Blueberries / Syrup or Chicken Drumstick Broccoli / Applesauce / Cheese Crackers BBQ Sauce Tater Tots	25 Cheesy French Bread or Cheese Calzone Marinara Sauce Baby Carrots Cole Slaw Tidbits 
28 Orange Chicken Popcorn Chicken / Orange Sauce Cauliflower / Brown Rice or Galaxy Cheese Pizza Carrots / Raisins Broccoli Mandarin Oranges	29 Cheese Lasagna Spaghetti Sauce or Chicken Nuggets BBQ Sauce Green Peas Fresh Pear	30 Swedish Meatballs Turkey Meatballs / Egg Noodles / Beef Gravy or Mini Corn Dogs Baked Beans / Ketchup / Mustard Green Beans Flavored Applesauce	31 BBQ Rib Patty Sandwich Hoagie Roll or Taco Bites Taco Sauce Corn Pinto Beans Cantaloupe	

K-8 AB

MILK contains no artificial growth hormones or antibiotics

We use whole grain breads and 100% fruit juice

Milk is available with all meals
Menu items do not contain pork
+ Does not contain meat

Nutrition and allergen information
available at www.FSPpro.com