

# OCT 2022

GEAR UP FOR  
**SWIM CLASS**



**ANNOUNCEMENTS:**

**Meal Price:**  
**Reduced Price**  
 Breakfast: \$0.30  
**Breakfast: \$2.00**  
**Adult Breakfast: \$3.00**



Pre-K is served  
**White Skim Milk**  
 with Breakfast.

High School will  
 offer a fresh fruit  
 choice daily!

## MONDAY

**Chicken Fajita w/Onions <sup>3</sup>**  
**and Peppers**  
 -or- **Soft Taco**  
 Pinto Beans  
 Peas and Carrots  
 Banana  
 Assorted Milk

**NO SCHOOL <sup>10</sup>**



## TUESDAY

**Shepard's Pie w/Whole <sup>4</sup>**  
**Grain Bun**  
 -or- **Chicken Patty on a Bun**  
 Broccoli  
 Diced Peaches  
 Assorted Milk

**NO SCHOOL <sup>11</sup>**

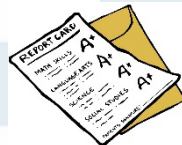


**FALL BREAK**

## WEDNESDAY

**Chicken & Broccoli <sup>5</sup>**  
**-or- Sweet Chili Meatballs**  
 Whole Grain Rice  
 Egg Roll  
 Corn  
 Mandarin Oranges  
 Assorted Milk

**NO SCHOOL <sup>12</sup>**



**REPORT CARD PREP DAY**

## THURSDAY

**Pepperoni Pizza <sup>6</sup>**  
**-or- Cheese Pizza**  
 Carrot Sticks  
 Apple  
 Assorted Milk

**NO SCHOOL <sup>13</sup>**



**PROFESSIONAL LEARNING DAY**

## FRIDAY

**Chicken Nuggets w/Dip & <sup>7</sup>**  
**Whole Grain Roll -or-**  
**Corn Dog**  
 Whole Grain Roll  
 Green Beans  
 Mixed Fruit  
 Assorted Milk

**NO SCHOOL <sup>14</sup>**



**PARENT TEACHER CONFERENCES**

**Salisbury Steak <sup>17</sup>**  
**-or- Chicken Nuggets with**  
**Dip**  
 Whole Grain Roll  
 Mashed Potatoes w/Gravy  
 Broccoli Pear  
 Assorted Milk

**Cheeseburger on a Bun <sup>18</sup>**  
**-or- Hotdog on a Bun**  
 Baked Beans  
 Cauliflower  
 Diced Peaches  
 Assorted Milk

**Spaghetti w/Meat Sauce <sup>19</sup>**  
**-or- Grilled Chicken**  
**Sandwich on a Bun**  
 Cheese Bites  
 Peas  
 Apple  
 Assorted Milk

**Pepperoni Pizza <sup>20</sup>**  
**-or- Cheese Pizza**  
 Tossed Salad w/Tomato  
 Mandarin Oranges  
 Assorted Milk

**Grilled Cheese <sup>21</sup>**  
**-or- Fish Nugget w/Dip &**  
**Whole Grain Roll**  
 Sunshine Carrots  
 Tater Tots  
 Mixed Fruit  
 Assorted Milk

**Beef Cheesy Nachos <sup>24</sup>**  
**-or- Soft Taco**  
 Black Beans  
 Corn Confetti  
 Tropical Fruit  
 Assorted Milk

**Chicken Tetrizzini <sup>25</sup>**  
**w/Whole Grain Roll**  
**-or- Pizza Pocket Sandwich**  
 Tossed Salad w/Tomato  
 Peas and Carrots  
 Diced Peaches  
 Assorted Milk

**Pulled Pork on a Bun <sup>26</sup>**  
**-or- Chicken Salad on a**  
**Croissant**  
 Cole Slaw  
 Carrot Sticks w/Broccoli  
 and Dip  
 Banana Assorted Milk

**Pepperoni Pizza <sup>27</sup>**  
**-or- Cheese Pizza**  
 Green Beans  
 Applesauce  
 Assorted Milk

**Chicken Nuggets w/Dip & <sup>28</sup>**  
**Whole Grain Roll**  
**-or- Fish Wedge on a Bun**  
 California Normandy  
 Fruit Cocktail  
 Assorted Milk

**Cheeseburger <sup>31</sup>**  
**-or- Chicken Patty on a**  
**Bun**  
**Lettuce and Tomato**  
 Potato Wedges  
 Orange Assorted Milk

**November 1, 2022**  
**Chicken Nuggets w/Dip**  
**with Whole Grain Roll**  
**-or- Corn Dog**  
 California Normandy  
 Mixed Fruit  
 Assorted Milk

**November 2, 2022**  
**Beef Taco**  
**-or- Chicken Quesadilla**  
**w/Salsa**  
 Corn Confetti  
 Pinto Beans  
 Raisins Assorted Milk

**November 3, 2022**  
**Pepperoni Pizza**  
**-or- Cheese Pizza**  
 Glazed Carrots  
 Applesauce  
 Assorted Milk

**November 4, 2022**  
**Meatball Sub on a Hoagie**  
**-or- Chicken Alfredo**  
**w/Whole Grain Roll**  
 Broccoli  
 Diced Peaches  
 Assorted Milk



We highly encourage ALL families to complete  
 Free/Reduced Meal Applications for SY 22-23!  
 Please visit: [family.titank12.com](http://family.titank12.com) to submit your application.

This institution is an equal opportunity provider.  
 Menus are subject to change due to vendor availability

The Child Nutrition Department does not accept personal checks. For A la' Carte  
 Purchases and Payments on meal accounts, please send cash in a sealed  
 envelope w/ students: First and Last Name, Teacher's Name, and Serving  
 Number.