



2022



October

Hot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
<p>3 Muffin Fruit, Juice, Milk</p> <p>Wild Mike's Pizza Green Beans, Peaches Jello, Milk</p>	<p>4 Apple Cinn Toast Fruit, Juice, Milk</p> <p>Chicken Alfredo Mixed Veggies, Roll Fruit Pouch, Milk</p>	<p>5 Bagel Fruit, Juice, Milk</p> <p>BBQ Pulled Pork Sandwich, Coleslaw Pears, Milk</p>	<p>6 Apple Fritter Fruit, Juice, Milk</p> <p>Beef Taco Refried Beans Pineapple, Milk</p>	<p>7 Pop-Tart, Yogurt Fruit, Juice, Milk</p> <p>Grab-n-Go PB&J or Deli</p>	<p>Menus are Subject to change</p> <p>Meal Prices Breakfast-\$1.50 Reduced-\$.30 Second Meal \$2.50 Lunch - \$2.50 Reduced-\$.40 Second Meal \$3.50 Adult Meal \$3.50</p> <p>a la Carte Items: - Milk \$.50 - Water \$.50</p> <p>Milk Options: 1% or Chocolate</p> <p>After School Snacks: FREE - (Only for Students participating in an after school class that day) Adults - \$1.00</p> <p>Please check your Aspire SIS account to see if your meal account is in the Green</p> <p>This Institution is an Equal Opportunity Provider</p>
<p>10 Muffin Fruit, Juice, Milk</p> <p>Pizza Carrots, Pears Milk</p>	<p>11 Berry Pastry Fruit, Juice, Milk</p> <p>Meatball Subs Peas, Apple, Milk</p>	<p>12 Donut Fruit, Juice, Milk</p> <p>Corn Dogs Tater Tots, Bug Bites Mixed Fruit, Milk</p>	<p>13 14 Happy Fall Break!</p> 		
<p>17 No School</p>	<p>18 Muffin Fruit, Juice, Milk</p> <p>Orange Chicken Rice, Broccoli Mandarin Oranges</p>	<p>19 Zucchini Bread Fruit, Juice, Milk</p> <p>Hamburger French Fries Peaches, Milk</p>	<p>20 Waffle Fruit, Juice, Milk</p> <p>Chicken Fajitas Black Beans Pears, Milk</p>	<p>21 Pop-Tart, Yogurt Fruit, Juice, Milk</p> <p>Grab-n-Go PB&J or Grilled Cheese</p>	
<p>24 Muffin Fruit, Juice, Milk</p> <p>Pizza Peas & Carrots Applesauce, Milk</p>	<p>25 Bagel Fruit, Juice, Milk</p> <p>Teriyaki Chicken Rice, Mixed Veggies Pineapple, Milk</p>	<p>26 Cinnamon Roll Fruit, Juice, Milk</p> <p>Salisbury Steak Mashed Potatoes & Gravy, Orange, Milk</p>	<p>27 Donut Fruit, Juice, Milk</p> <p>Pancakes, Ham, Eggs Hashbrowns Blueberries, Milk</p>	<p>28 No School</p>	
<p>31 Muffin Fruit, Juice, Milk</p>  <p>Grab-n-Go PB&J or Deli</p>					

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