

FAST FORWARD LUNCH

October 2022

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| <p>Oct - 3</p> <p>CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES</p> | <p>Oct - 4</p> <p>PIZZA MIXED BERRY CUP APPLESAUCE CUP BROCCOLI STICKS CARROT STICKS FROZEN JUICE CUP MILK CHOICES</p> | <p>Oct - 5</p> <p>CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES</p> | <p>Oct - 6</p> <p>TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES</p> | <p>Oct - 7</p> <p>HAMAND CHEESE SANDWICH CARROT STICKS/ TOMATO CHIPS FRUIT MILK</p> |
| <p>Oct - 10</p> <p>*TERIYAKI FINGER S RICE PUDDING MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP GREEN BEANS MILK CHOICES</p> | <p>Oct - 11</p> <p>LASAGNA SHREDDED CHEESE CINNAMON PUFF BANANA APPLESAUCE CUP BROCCOLI STICKS NORMANDY BLEND GOLD FISH CRACKE MILK CHOICES</p> | <p>Oct - 12</p> <p>PIZZA GREEN SALAD FRUIT PUDDING MILK</p> | <p>Oct - 13</p> <p>FALL BREAK</p> | <p>Oct - 14</p> <p>FALL BREAK</p> |
| <p>Oct - 17</p> <p>TORTILLA CHIPS NACHO CHEESE SA TACO MEAT BLACK BEANS CINNAMON GRAHAM MANDARIN ORANGE JUICE CHOICE CARROT & RED PEP VEGGIE CUP PUDDING MILK CHOICES</p> | <p>Oct - 18</p> <p>TURKEY IN GRAVY MASHED POTATOES DINNER ROLL FROSTED PINK COO STRAWBERRY CUPS APPLESAUCE CUP BROCCOLI STICKS COOKED CARROTS MILK CHOICES</p> | <p>Oct - 19</p> <p>*CHICKEN NUGGETS CINNAMON PUFF FRESH APPLE PEARS *CHEESY POTATOES MIXED VEGETABLES PARADISE PUNCH J MILK CHOICES</p> | <p>Oct - 20</p> <p>MINI CALZONES MARINARA SAUCE C DINNER ROLL JUICE CHOICE PEACHES GREEN SALAD CORN MILK CHOICES</p> | <p>Oct - 21</p> <p>CHIMICHANGA CELERY STICKS FRUIT RICE KRISPY TREAT MILK</p> |
| <p>Oct - 24</p> <p>CORNDOG DINNER ROLL MANDARIN ORANGE JUICE CHOICE EMOJI FRIES CARROT & RED PEP VEGGIE CUP MILK CHOICES</p> | <p>Oct - 25</p> <p>CHICKEN SANDWICH PUDDING FRESH STRAWBERR MANDARIN ORANGE BROCCOLI STICKS POTATO WEDGES MILK CHOICES</p> | <p>Oct - 26</p> <p>SOFT TACO SHREDDED CHEESE CINNAMON CHURRO FRESH APPLE PEARS SHADES OF GREEN BLACK BEANS CUCUMBER STICKS VEG CUP SALSA MILK CHOICES</p> | <p>Oct - 27</p> <p>CHICKEN NOODLE S CHEESE BREADSTIC JUICE CHOICE PEACHES PARADISE PUNCH J GREEN SALAD MILK CHOICES</p> | <p>Oct - 28</p> <p>PEANUT BUTTER JELLY SANDWICH CARROT STICKS/ TOMATO FRUIT CHIPS MILK</p> |

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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|---|---|---|---|---|
| Oct - 31 CHICKEN STRIPS WAFFLE PUDDING MANDARIN ORANGE JUICE CHOICE PARADISE PUNCH J CARROT & TOMATO CUP PANCAKE SYRUP MILK CHOICES | Nov - 1 DOMINOS PIZZA STRAWBERRY CUPS APPLESAUCE CUP BROCCOLI STICKS CARROT STICKS FROZEN JUICE CUP MILK CHOICES | Nov - 2 CHEESEBURGER ON FRESH APPLE PEARS RANGER COOKIE POTATO WEDGES BAKED BEANS PARADISE PUNCH J MILK CHOICES | Nov - 3 TERIYAKI CHICKEN RICE JUICE CHOICE PEACHES COOKED CARROTS CUCUMBER STICKS VEG CUP CINNAMON PUFF MILK CHOICES | Nov - 4 HAM AND CHEESE HOT POCKET BROCCOLI PUDDING FRUIT MILK |

This institution is an equal opportunity provider.

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