

OCTOBER 2022

Christ the King

LUNCH



Lunch 3.60 includes milk 2nds(7&8) \$1.65-2.00
Milk, Juice, H2O \$.50
Cinnamon roll \$.65 Cookie \$.50



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

Chef Salad & crackers
Cucumbers &
Tomatoes
Grapes

3

TUESDAY

Mini Corndogs
Tator Tots
Cucumber & Tomato Salad
Pears

4

WEDNESDAY

Orange Chicken & Rice
Fresh Broccoli & Carrots
Dried Cranberries
Cinnamon Roll

5

THURSDAY

Veggie Beef Soup
Crackers
Celery
Apple Slices

6

FRIDAY

Hamburger
French Fries
Baked Beans
Peaches

7

NO SCHOOL

10

Cheese Filled Sticks
Marinara cup
Romaine Salad
Tomatoes
Oranges

11

Pancakes
Bacon
Tator Tots
Oranges
Cookie

12

Grilled Chicken/Bun
Sweet Potato Fries
Celery
Applesauce

13

Meatball Sub
Pasta Salad
Fresh Carrots
Grapes

14

Hotdog/Chili dog
French Fries
Celery
Peaches

17

Beef Stick
Pretzel/Cheese Cup
Carrots & Celery
Raisins

18

Breaded Chicken/Bun
French Fries
Cucumber Tomato Salad
Peaches
Cookie

19

Chicken & Rice Soup
Crackers
Fresh Carrots
Applesauce

20

Pasta & Meat Sauce
Breadstick
Romaine salad
Zucchini
Grapes

21

Sancho
Cowboy Caviar
Celery
Pears

24

Chili/cheese cup
Crackers
Celery
Pears

25

Turkey/Gravy over
Mashed Potatoes
Steamed Carrots
Grapes

26

Corndog on a Stick
French Fries
Carrots/Celery
Applesauce

27

Turkey Sausage
French Toast Sticks
Tator Tots
Banana

28

Halloween
Mummy Dog
French Fries
Ghosts/Bats
Slime sauce

31

