

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|---------------------------------------|
| 10/3/2022 | 10/4/2022 | 10/5/2022 | 10/6/2022 | 10/7/2022 |
| Main Entree Cheese Stick | Main Entree Egg & Cheese Omelet | Main Entree Greek Yogurt | Main Entree Blueberry Pancake Cheese Stick | Main Entree Yogurt Smoothie |
| Grain Cereal Cup | Grain Whole Wheat Tortilla | Grain Muffin Tops | Fruit Banana | Grain Granola bar |
| Fruit Banana | Fruit Fruit | Fruit Fruit | Fruit Juice Fruit Juice | Fruit Fruit |
| Fruit Juice Fruit Juice | Fruit Juice Fruit Juice | Fruit Juice Fruit Juice | Milk 1% Milk Skim Milk | Milk Skim Milk 1% Milk |
| Milk Skim Milk 1% Milk | Milk Skim Milk 1% Milk | Milk Skim Milk 1% Milk | Condiments Maple Syrup-Sugar Free | |
| 10/10/2022 | 10/11/2022 | 10/12/2022 | 10/13/2022 | 10/14/2022 |
| Main Entree Berry & Yogurt Parfait | Main Entree Egg & Cheese Omelet | Main Entree Strawberry Cream Crepes Cheese Stick | Main Entree French Toast Cheese Stick | Main Entree Yogurt Smoothie |
| Grain Granola | Grain Whole Wheat Tortilla | Fruit Banana | Fruit Fruit | Grain Granola bar |
| Fruit Fruit | Fruit Banana | Fruit Juice Fruit Juice | Fruit Juice Fruit Juice | Fruit Banana |
| Fruit Juice Fruit Juice | Fruit Juice Fruit Juice | Milk 1% Milk Skim Milk | Milk 1% Milk Skim Milk | Milk 1% Milk Skim Milk |
| Milk 1% Milk Skim Milk | Milk 1% Milk Skim Milk | | Condiments Maple Syrup-Sugar Free | |
| 10/17/2022 | 10/18/2022 | 10/19/2022 | 10/20/2022 | 10/21/2022 |
| Main Entree Cheese Stick | Main Entree Turkey & Cheese Croissant | Main Entree Greek Yogurt | Main Entree Whole Wheat Pancakes Cheese Stick | Main Entree Yogurt Smoothie |
| Grain Donut, whole grain | Fruit Fruit | Grain Muffin Tops | Fruit Fruit | Grain Granola bar |
| Fruit Fruit | Fruit Juice Fruit Juice | Fruit Fruit | Fruit Juice Fruit Juice | Fruit Fruit |
| Fruit Juice Fruit Juice | Milk 1% Milk Skim Milk | Fruit Juice Fruit Juice | Milk 1% Milk Skim Milk | Milk 1% Milk Skim Milk |
| Milk 1% Milk Skim Milk | | Milk 1% Milk Skim Milk | Condiments Maple Syrup-Sugar Free | |
| 10/24/2022 | 10/25/2022 | 10/26/2022 | 10/27/2022 | 10/28/2022 |
| Main Entree Cheese Stick | Main Entree Egg & Cheese Omelet | Main Entree Greek Yogurt | Main Entree Blueberry Pancake Cheese Stick | Main Entree Yogurt Smoothie |
| Grain Cereal Cup | Grain Whole Wheat Tortilla | Grain Muffin Tops | Fruit Banana | Grain Granola bar |
| Fruit Banana | Fruit Fruit | Fruit Fruit | Fruit Juice Fruit Juice | Fruit Fruit |
| Fruit Juice Fruit Juice | Fruit Juice Fruit Juice | Fruit Juice Fruit Juice | Milk 1% Milk Skim Milk | Milk Skim Milk 1% Milk |
| Milk Skim Milk 1% Milk | Milk Skim Milk 1% Milk | Milk Skim Milk 1% Milk | Condiments Maple Syrup-Sugar Free | |

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| 10/3/2022 | 10/4/2022 | 10/5/2022 | 10/6/2022 | 10/7/2022 |
| Main Entree Korean Beef | Main Entree Teriyaki Chicken | Main Entree Beef Stir Fry | Main Entree Orange Chicken | Main Entree Cheese Pizza |
| Grain Steamed Brown Rice | Grain Vegetable Fried Rice | Grain Steamed Brown Rice | Grain Vegetable Fried Rice | Grain Whole Wheat Pizza Crust |
| Vegetable Stir Fry Vegetables | Vegetable Edamame | Vegetable Cabbage, Bok Choy | Vegetable Stir Fry Vegetables | Vegetable Corn |
| Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit |
| Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk |
| 10/10/2022 | 10/11/2022 | 10/12/2022 | 10/13/2022 | 10/14/2022 |
| Main Entree Green Chile Cheese Enchiladas | Main Entree Beef Tacos | Main Entree Chicken Fajitas | Main Entree Chicken Taquitos | Main Entree Cheese Pizza |
| Grain Spanish Rice | Grain Whole Wheat Tortilla | Grain Whole Wheat Tortilla | Grain Spanish Rice | Vegetable Carrots |
| Vegetable Refried Beans | Vegetable Shredded Lettuce & Tomatoes | Vegetable Refried Beans | Vegetable Mixed Vegetables | Fruit Fruit |
| Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit | Milk Chocolate Milk 1% Milk |
| Milk Chocolate Milk 1% Milk | Milk Chocolate Milk 1% Milk | Milk Chocolate Milk 1% Milk | Milk Chocolate Milk 1% Milk | |
| 10/17/2022 | 10/18/2022 | 10/19/2022 | 10/20/2022 | 10/21/2022 |
| Main Entree Pasta w/ Red Meat Sauce | Main Entree Chicken Cannelini Alfredo | Main Entree Vegetable Lasagna | Main Entree Pasta w/ Red Meat Sauce | Main Entree Cheese Pizza |
| Grain Breadstick | Grain Breadstick | Grain Breadstick | Grain Breadstick | Grain Whole Wheat Pizza Crust |
| Vegetable Green Beans | Vegetable Lettuce | Vegetable Peas & Carrots | Vegetable Corn | Vegetable Carrots |
| Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit |
| Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk |
| 10/24/2022 | 10/25/2022 | 10/26/2022 | 10/27/2022 | 10/28/2022 |
| Main Entree BBQ Chicken | Main Entree Sloppy Joes | Main Entree Oven Fried Chicken | Main Entree Cajun Chicken & Gravy | Main Entree Cheese Pizza |
| Grain Biscuit | Grain Whole Wheat Bun | Grain Biscuit | Grain Steamed Brown Rice | Grain Whole Wheat Pizza Crust |
| Vegetable Baked Beans | Vegetable Mashed Potatoes | Vegetable Carrots | Vegetable Mixed Vegetables | Vegetable Broccoli florets Mixed Vegetables |
| Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit |
| Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk |

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| 10/3/2022 | 10/4/2022 | 10/5/2022 | 10/6/2022 | 10/7/2022 |
| Main Entree Korean Beef Salad Bar Option | Main Entree Teriyaki Chicken Salad Bar Option | Main Entree Beef Stir Fry Salad Bar Option | Main Entree Orange Chicken Salad Bar Option | Main Entree Cheese Pizza Pepperoni Pizza |
| Grain Steamed Brown Rice | Grain Vegetable Fried Rice | Grain Steamed Brown Rice | Grain Vegetable Fried Rice | Vegetable Corn |
| Vegetable Stir Fry Vegetables Choice of Salad Vegetables Egg roll, pork & vegetable | Vegetable Edamame Choice of Salad Vegetables | Vegetable Cabbage, Bok Choy Choice of Salad Vegetables Egg roll, pork & vegetable | Vegetable Stir Fry Vegetables Choice of Salad Vegetables | Choice of Salad Vegetables |
| Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit |
| Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk |
| 10/10/2022 | 10/11/2022 | 10/12/2022 | 10/13/2022 | 10/14/2022 |
| Main Entree Green Chile Cheese Enchiladas Salad Bar Option | Main Entree Beef Tacos Salad Bar Option | Main Entree Chicken Fajitas Salad Bar Option | Main Entree Chicken Taquitos Salad Bar Option | Main Entree Cheese Pizza Pepperoni Pizza |
| Grain Spanish Rice | Grain Whole Wheat Tortilla | Grain Whole Wheat Tortilla | Grain Spanish Rice | Vegetable Carrots |
| Vegetable Refried Beans Choice of Salad Vegetables | Vegetable Choice of Salad Vegetables | Vegetable Refried Beans Choice of Salad Vegetables | Vegetable Mixed Vegetables Choice of Salad Vegetables | Choice of Salad Vegetables Soup of the Day |
| Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit |
| Milk Chocolate Milk 1% Milk | Milk Chocolate Milk 1% Milk | Milk Chocolate Milk 1% Milk | Milk Chocolate Milk 1% Milk | Milk Chocolate Milk 1% Milk |
| 10/17/2022 | 10/18/2022 | 10/19/2022 | 10/20/2022 | 10/21/2022 |
| Main Entree Pasta w/ Red Meat Sauce Salad Bar Option | Main Entree Chicken Cannelini Alfredo Salad Bar Option | Main Entree Vegetable Lasagna Salad Bar Option | Main Entree Pasta w/ Red Meat Sauce Salad Bar Option | Main Entree Cheese Pizza Pepperoni Pizza |
| Grain Breadstick | Grain Breadstick | Grain Breadstick | Grain Breadstick | Vegetable Carrots |
| Vegetable Green Beans Choice of Salad Vegetables | Vegetable Lettuce Choice of Salad Vegetables | Vegetable Peas & Carrots Choice of Salad Vegetables | Vegetable Corn Choice of Salad Vegetables | Choice of Salad Vegetables Soup of the Day |
| Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit |
| Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk |

| Mon | Tue | Wed | Thu | Fri |
|---|--|--|---|--|
| 10/24/2022 | 10/25/2022 | 10/26/2022 | 10/27/2022 | 10/28/2022 |
| Main Entree BBQ Chicken BBQ Pork Salad Bar Option | Main Entree Sloppy Joes Salad Bar Option | Main Entree Oven Fried Chicken Salad Bar Option | Main Entree Cajun Chicken & Gravy Salad Bar Option | Main Entree Cheese Pizza Pepperoni Pizza |
| Grain Biscuit | Grain Whole Wheat Bun | Grain Cornbread | Grain Steamed Brown Rice | Vegetable Mixed Vegetables Choice of Salad Vegetables Soup of the Day |
| Vegetable Baked Beans Choice of Salad Vegetables | Vegetable Mashed Potatoes Choice of Salad Vegetables | Vegetable Carrots Choice of Salad Vegetables | Vegetable Mixed Vegetables Choice of Salad Vegetables | Fruit Fruit |
| Fruit Fruit | Fruit Fruit | Fruit Fruit | Fruit Fruit | Milk 1% Milk Chocolate Milk |
| Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | Milk 1% Milk Chocolate Milk | |

| Mon | Tue | Wed | Thu | Fri |
|-----------------------------------|--------------------------------------|--|-----------------------------------|------------------------------------|
| 10/3/2022 | 10/4/2022 | 10/5/2022 | 10/6/2022 | 10/7/2022 |
| Grain Goldfish Crackers | Main Entree Cheese Stick | Fruit Fruit | Grain Granola bar | Main Entree Cheese Stick |
| Milk 1% Milk | Vegetable Carrots | Dairy and Egg Products Hard Boiled Egg | Milk 1% Milk | Fruit Fruit |
| 10/10/2022 | 10/11/2022 | 10/12/2022 | 10/13/2022 | 10/14/2022 |
| Fruit Fruit | Main Entree Sliced Turkey | Main Entree Cheese Stick | Grain Goldfish Crackers | Grain Granola bar |
| Milk 1% Milk | Grain Whole Wheat Tortilla | Vegetable Carrots | Fruit Fruit | Milk 1% Milk |
| 10/17/2022 | 10/18/2022 | 10/19/2022 | 10/20/2022 | 10/21/2022 |
| Grain Goldfish Crackers | Main Entree Cheese Stick | Fruit Fruit | Grain Granola bar | Main Entree Cheese Stick |
| Milk 1% Milk | Vegetable Carrots | Dairy and Egg Products Hard Boiled Egg | Milk 1% Milk | Fruit Fruit |
| 10/24/2022 | 10/25/2022 | 10/26/2022 | 10/27/2022 | 10/28/2022 |
| Fruit Fruit | Main Entree Sliced Turkey | Main Entree Cheese Stick | Grain Goldfish Crackers | Grain Granola bar |
| Milk 1% Milk | Grain Whole Wheat Tortilla | Vegetable Carrots | Fruit Fruit | Milk 1% Milk |

| FILTERS | |
|------------|---|
| Name(s) | Value(s) |
| Date Range | (Start = 10/2/2022, End = 10/29/2022) |
| Menu Plan | (22/23 1-8 Lunch OVS, After School Snack, K-12 Breakfast OVS, Kindergarten Lunch) |