

October 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Baked Ziti w/ Meat Broccoli Garlic Breadsticks	1 Empanadas Mojo Pork Rice Black Beans	2 Chicken Tenders Waffles Mac N Cheese Corn	3 Stromboli Chicken Parmesan Penne Corn	4 Chicken/Beef Burritos Spanish Rice Beans	5
6	7 Penne Alfredo Pan-Seared Chicken Broccoli Garlic Breadsticks	8 Empanadas Yellow Rice & Chicken Black Beans	9 PSAT Testing No Lunch	10 Stromboli Lasagna Garlic Breadsticks Broccoli	11 Chicken Quesadillas Rice Beans	12
13	14 No Classes	15 Empanadas Mojo Pork Rice Black Beans	16 Chick-Fil-A-ish Sandwiches Mac N Cheese Broccoli	17 Stromboli Chicken Cacciatore Corn	18 Chipotle Bowls Rice Corn Salsa	19
20	21 Pesto Chicken Penne Peas and Carrots Garlic Breadsticks	22 Empanadas Yellow Rice & Chicken Black Beans	23 Chicken Tenders Waffles Mac N Cheese Broccoli	24 Teriyaki Chicken Fried Rice Egg Rolls Peas & Carrots	25 Beef Tacos Mexican Rice Beans	26
27	28 Spaghetti & Meatballs Peas + Carrots Garlic Breadsticks	29 Empanadas Mojo Pork Rice Black Beans	30 Chicken Tenders Waffles Mac N Cheese Corn	31 Baked Ziti w/ Meat Broccoli Garlic Breadsticks	1 Chicken Enchiladas Corn Casserole Corn	2