






OCTOBER 2022 ATWOOD LUNCH



| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|--|--|--|---|--|--|--|---|--|
| 3 BAKED RAVIOLI GARLIC TOAST GARDEN TOSSED SALAD PEAS, FRUIT CUP MILK CHOICES | | 4 HAM & CHEESE CROISSANT ASSORTED VEGGIES W/DIP FRESH AND CANNED FRUIT CHOICES MILK CHOICES | | 5 POPCORN CHICKEN SWEET POTATO FRIES CARROTS, CELERY MANDARIN ORANGES MILK CHOICES | | 6 CHEESE BURGER BAKED BEANS COLESLAW WATERMELON MILK CHOICES | | 7 PIZZA SLICES W/TOPPINGS GARDEN SALAD PINEAPPLE CHUNKS MILK CHOICES | |
| 10 <u>NO SCHOOL TODAY!</u> <u>HOLIDAY!</u> | | 11 CHICKEN BURGER CUCUMBERS & CARROT STICKS BAKED BEANS FRUIT CHOICES MILK CHOICES | | 12 ORANGE CHICKEN RICE BOWLS WITH BROCCOLI DINNER ROLL MIXED FRUIT MILK CHOICES | | 13 MEATBALL SUB W/CHEESE TOSSED GARDEN SALAD RANCH DRESSING ASSORTED FRUIT CHOICES MILK CHOICES | | 14 GARLIC DIPPING STICKS WITH MARINARA ASSORTED VEGGIE STICKS-DIP ORANGES, APPLESauce MILK CHOICES | |
| 17 CHEESEBURGER SUB SWEET CORN WATERMELON SLICES MILK CHOICES | | 18 FISHBURGER WITH CHEESE AND TARTAR SAUCE GARDEN SALAD ASSORTED FRUITS MILK CHOICES | | 19 MAC & CHEESE HOT DOG IN A BUN BUTTERED CARROTS PEACHES MILK CHOICES | | 20 CHEESEY CHICKEN NACHOS MEXICAN RICE CORN FRUIT CUP MILK CHOICES | | 21 PIZZA SLICES W/TOPPINGS, BAKED BEANS GARDEN SALAD PINEAPPLE CHUNKS MILK CHOICES | |
| 24 SHEPHERD'S PIE DINNER ROLL COLESLAW, CUCUMBERS FRUIT CHOICES MILK CHOICES | | 25 BRUNCH FOR LUNCH PANCAKES, SAUSAGE W/SYRUP ASSORTED VEGGIES W/DIP PINEAPPLE TIDBITS MILK CHOICES | | 26 BBQ PULLED PORK SUB GARDEN TOSSED SALAD BAKED BEANS CANNED PEARS MILK CHOICES | | 27 TERIYAKI CHICKEN OVER WHITE RICE BROCCOLI MANADARIN ORANGES MILK CHOICES | | 28 GARLIC DIPPING STICKS WITH MARINARA ASSORTED VEGGIE STICKS-DIP ORANGES, APPLESauce MILK CHOICES | |
| 31 HOT DOG AND FRIES COLESLAW ASSORTED FRUITS HALLOWEEN TREAT MILK CHOICES | |  | |  | |  | | | |

QUESTIONS, COMMENTS OR CONCERNS, PLEASE CONTACT BARBARA BONNELL, NUTRITION DIRECTOR-465-7384 or bbonnell@rsu18.org

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