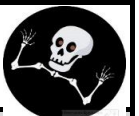







OCTOBER 2022 CMS LUNCH



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
PBJ		TUNA SALAD ROLL		PBJ		EGG SALAD ROLL		PBJ	
10	<u>NO SCHOOL TODAY!</u> <u>HOLIDAY!</u> 	11	CHICKEN BURGER CUCUMBERS & CARROT STICKS BAKED BEANS FRUIT CHOICES MILK CHOICES	12	SHEPHERD'S PIE DINNER ROLL COLESLAW, CUCUMBERS FRUIT CHOICES 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
PBJ		TUNA SALAD ROLL		PBJ		EGG SALAD ROLL		PBJ	
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
PBJ		TUNA SALAD ROLL		PBJ		EGG SALAD ROLL		PBJ	
24	ORANGE CHICKEN RICE BOWLS WITH BROCCOLI DINNER ROLL MIXED FRUIT 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
PBJ		TUNA SALAD ROLL		PBJ		EGG SALAD ROLL		PBJ	
31	HOT DOG AND FRIES COLESLAW ASSORTED FRUITS HALLOWEEN TREAT MILK CHOICES						DELI SANDWICH BAR AND EXPRESS SALADS OFFERED DAILY!		
PBJ		TUNA SALAD ROLL							

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER!