



# October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. W.G. Cinnamon Rolls & Sausage Links Fruit ----- Beef & Gravy Mashed Potatoes Green Beans WW Rolls Fruit	4. Enriched Biscuits Steak Patty Fruit ----- Chicken w/ Enriched Noodles Green Lima Beans Fruit	5. E.R. Blueberry Muffins, String Cheese Fruit ----- Chili w/ Beans E.R. Frito Chips Fruit	6. W.G Cereal String Cheese Fruit ----- W.G. Chicken Patty Tater Tots Baked Beans Fruit	7. E.R. Waffles Turkey Sausage Links Fruit ----- W.G. Pepperoni Pizza Broccoli Florets w/ Ranch Fruit
10. W.G. Cinnamon Rolls & Sausage Links Fruit ----- W.G Battered Dipped Fish Tater Tots Coleslaw Fruit	11. Enriched Biscuits Turkey Sausage Patty Fruit ----- Mac & Cheese w/ ER-Noodles Corn Fruit	12. E.R. Waffles Turkey Sausage Links Fruit ----- Beef & Gravy Mashed Potatoes Green Beans WW Rolls Fruit	13. Enriched Biscuits Turkey Sausage Patty Fruit ----- Hotdog w/ W. G Buns Tater Tots Baked Beans Fruit	14. Enriched Toast Scrambled Eggs Sausage & Fruit ----- ER- Spaghetti w/meat sauce Spinach & Carrot Salad WW Rolls Fruit
17. <b>No School</b>	18. <b>No School</b>	19. E.R. Blueberry Muffins, String Cheese Fruit ----- E.R. Ravioli Green Beans Fruit	20. W.G Cereal String Cheese Fruit ----- W. G. Corn Dog Tater Tots Baked Beans Fruit	21. E.R. Waffles Turkey Sausage Links Fruit ----- W.G. Pepperoni Pizza Broccoli Florets w/ Ranch Fruit
24. W.G. Cinnamon Rolls & Sausage Links Fruit ----- W.G Battered Dipped Fish Tater Tots Coleslaw Fruit	25. Enriched Biscuits Steak Patty Fruit ----- Chicken w/ Enriched Egg Noodles Green Lima Beans Fruit	26. E.R. Waffles Turkey Sausage Links Fruit ----- Beef & Gravy Mashed Potatoes Green Beans WW Rolls Fruit	27. Enriched Biscuits Steak Patty Fruit ----- Hamburger w/W.G. Bun Tater Tots Baked Beans Fruit	28. Enriched Toast Scrambled Eggs Sausage & Fruit ----- ER- Spaghetti w/meat sauce Spinach & Carrot Salad WW Rolls Fruit
31. Enriched Biscuits Turkey Sausage Patty Fruit ----- Chili w/ Beans E.R. Frito Chips Fruit				

**All meals come with a choice of 1% White or Fat Free Chocolate Milk.** \*Menus are subject to change due to availability.  
 All meals come with a choice of 1% White or Fat Free Chocolate Milk. In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17FaxMail.pdf>, from any USDA office, by calling (866) 632-6992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by mail:

U.S. Department of Agriculture  
 Office of the Assistant Secretary for Civil Rights  
 1400 Independence Avenue, SW  
 Washington, D.C. 20250-9410; or fax:  
 (833) 256-1665 or (202) 690-7442; or email:  
[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)