

October 2023

MONTVALE

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>FALL BREAK WEEK</p>	<p>3</p>	<p>4</p>	<p>5</p>	<p>6</p>
<p>9</p> <p>NO SCHOOL</p>	<p>10</p> <p>Hot Dog Turkey And Cheese Wrap Green Beans Carrots Fruit Milk</p>	<p>11</p> <p>Cheeseburger BBQ Pork Sandwich Potato Wedges Baked Beans Fruit Milk</p>	<p>12</p> <p>Chicken Nuggets / Roll Baked Ham Mashed Potatoes Peas Fruit Milk</p>	<p>13</p> <p>Pizza Fish Nuggets / Cornbread Corn Steamed Broccoli Fruit Milk</p>
<p>16</p> <p>Corn Dog Nuggets Turkey/Cheese Wrap Vegetable Blend Fries Fruit Milk</p>	<p>17</p> <p>Sausage or Baked Ham Pillsbury Biscuit / Gravy Potato Rounds Baked Apples Fruit Milk</p>	<p>18</p> <p>Rib Patty sandwich Hot Dog / Chilli Slaw Broccoli Fruit Milk</p>	<p>19</p> <p>Ranch Chicken Wrap Hamburger Carrots Potato Fruit Milk</p>	<p>20</p> <p>Pizza Fish Nuggets/Cornbread Corn Pinto Beans Fruit Milk</p>
<p>23</p> <p>Orange Chicken/Rice Ham & Cheese Wrap Broccoli Steamed Carrots Fruit Milk</p>	<p>24</p> <p>Taco Chicken Fajita Refried beans Corn Fruit Milk</p>	<p>25</p> <p>Steak & Gravy/Roll Chicken Strips/ Roll Mashed Potatoes Green Peas Fruit Milk</p>	<p>26</p> <p>Beefy Mac/Roll Hot Dog Tri Tater Slaw Fruit Milk</p>	<p>27</p> <p>Pizza Fish Nuggets/ Cornbread Corn Pinto Beans Fruit Milk</p>
<p>30</p> <p>Corn Dog Turkey/Cheese Wrap Fries Fresh Carrots Fruit Milk</p>	<p>31</p> <p>Spaghetti/Roll Chicken Tenders/Roll Green Beans Sweet Potatoes Fruit Milk</p>	<p>Lunch Meal Entrée Choice Fruit Choice (½ c) Vegetable Choice (½ c) Low-Fat or Fat Free Milk (8 oz)</p>	<p>Did you know you can check on your child's Breakfast and Lunch account and deposit money? Visit: http://www.myschoolbucks.com</p>	<p>Each meal must include a Fruit or Vegetable</p> <p>USDA is an equal opportunity provider</p>