

October 2022 Theme: "Fun on the Farm"

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Breakfast: Grits, Whole Wheat Toast, Milk</p> <p>Lunch: Chicken Sandwich, Sweet Potato Fries, Green Peas, Milk</p> <p>Snack: Oatmeal Cookies, Juice</p>	<p>4 Breakfast: Cheese Toast, Peaches, Milk</p> <p>Lunch: Beef Stew, Rice, Pineapples, Milk</p> <p>Snack: Ritz Crackers, Sliced Cheese, Juice</p>	<p>5 Breakfast: Oatmeal, Sliced Apples, Milk</p> <p>Lunch: Chicken & Dressing, Lima Beans, Peaches, Milk</p> <p>Snack: Yogurt, Graham Crackers, Juice</p>	<p>6 Breakfast: Cereal with Milk, Bananas, Milk</p> <p>Lunch: Chicken Nuggets, Macaroni & Cheese, Green Beans, Milk</p> <p>Snack: Brownies, Juice</p>	<p>7 Breakfast: Pancakes, Peaches, Milk</p> <p>Lunch: Pizza, Green Beans, Milk</p> <p>Snack: Pudding, Vanilla Wafers, Juice</p>
<p>10 Breakfast: French Toast Sticks, Peaches, Milk</p> <p>Lunch: Cheeseburger, Tater Tots, Black Eyed Peas, Milk</p> <p>Snack: Cheese Crackers, Juice</p>	<p>11 Breakfast: Cinnamon Toast, Mandarin Oranges, Milk</p> <p>Lunch: Sliced ham, Macaroni & Cheese, Green Beans, Milk</p> <p>Snack: Soft Pretzel Bites w/Cheese Sauce, Juice</p>	<p>12 Breakfast: Grits, Potato Rounds, Milk</p> <p>Lunch: Spaghetti, English Peas, Pineapple, Milk</p> <p>Snack: Rice Krispies Treats, Juice</p>	<p>13 Breakfast: Rice Krispies w/Milk, Bananas</p> <p>Lunch: Chicken & Dumplings, Butter Beans, Milk</p> <p>Snack: Goldfish crackers, Juice</p>	<p>14 Breakfast: Pancakes, Turkey Patty Sausage, Milk</p> <p>Lunch: Chicken & Rice, Corn, Mandarin Oranges, Milk</p> <p>Snack: Fudge Stripe Cookies, Juice</p>
<p>17 Breakfast: Waffles, Applesauce, Milk</p> <p>Lunch: Roast Turkey Slices, Mashed Potatoes, Broccoli & Cheese, Milk</p> <p>Snack: Butter Cookies, Juice</p>	<p>18 Breakfast: Buttered Biscuit, Jelly, Peaches, Milk</p> <p>Lunch: Chicken Noodle Bake, Green Beans, Milk</p> <p>Snack: Ritz Crackers, Cheese Slices, Juice</p>	<p>19 Breakfast: French Toast Sticks, Applesauce, Milk</p> <p>Lunch: Vegetable Beef Soup, Grilled Cheese Sandwiches, Milk</p> <p>Snack: Pudding, Graham Crackers, Juice</p>	<p>20 Breakfast: French Toast Sticks, Pears, Milk</p> <p>Lunch: Salisbury Steak with gravy, Mashed Potatoes, English Peas, Milk</p> <p>Snack: Cheese Crackers, Juice</p>	<p>21 Breakfast: Cheerios w/ Milk, Bananas, Milk</p> <p>Lunch: BBQ Chicken Sandwiches, French Fries, Baked Beans, Milk</p> <p>Snack: Animal Crackers, Juice</p>
<p>24 Breakfast: Oatmeal, Pears, Milk</p> <p>Lunch: Sloppy Joe Sandwiches, Green Beans, Mashed Potatoes, Milk</p> <p>Snack: Cheese Crackers, Juice</p>	<p>25 Breakfast: Grits, Whole Wheat Toast, Milk</p> <p>Lunch: Cheesy Chicken Penne Pasta, Mixed Vegetables, Pears, Milk</p> <p>Snack: Soft Pretzel Bites with Cheese Sauce, Juice</p>	<p>26 Breakfast: Pancakes, Peaches, Milk</p> <p>Lunch: Chicken Parmesan & Bow Tie Pasta, Butter Peas, Milk</p> <p>Snack: Rice Krispies Treats, Juice</p>	<p>27 Breakfast: Cinnamon Rolls, Peaches, Milk</p> <p>Lunch: Chicken Noodle Soup, Grilled Cheese Sandwich, Milk</p> <p>Snack: Animal Crackers, Juice</p>	<p>28 Breakfast: Buttered Biscuits, Jelly, Applesauce, Milk</p> <p>Lunch: Chicken Nuggets, Mixed Vegetables, Milk</p> <p>Snack: Oatmeal Cookies, Juice</p>
<p>31 Breakfast: Waffles with Syrup, Mandarin Oranges, Milk</p> <p>Lunch: Tater Tot Casserole, Green Beans, Milk</p> <p>Snack: Fudge Stripe Cookies, Juice</p>				



Dates to Remember!

October 3rd-Fall Break School's Out Day for VCS

October 7th- Fall Break School's Out Day for Scintilla

October 10th-Fall Break School's Out Day for Scintilla & LCS

October 11th-Fall Break School's Out Day for LCS

October 31st- Halloween Parties-check with your child's teacher for times. Wear a non-scary costume to school today!