

EHS/SRHS October 2023 Menu



Mon	Tue	Wed	Thu	Fri
<p>2 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Hamburger, chips, salad, fruit, milk</p>	<p>3 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Orange chicken, rice, broccoli salad, fruit,</p>	<p>4 Bfast: Sausage, egg, English muffin, fruit, milk Lunch: Mac & cheese, roll, corn, salad, fruit, milk</p>	<p>5 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Pizza, carrots, salad bar, fruit, milk</p>	<p>6 Bfast: Cinnamon rolls, sausage, fruit, milk Lunch: Corn dogs, fries, salad, fruit, milk</p>
<p>9 Bfast: Yogurt parfait, sausage, fruit, milk Lunch: Chicken, mashed potatoes, veggies, fruit, milk</p>	<p>10 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Tacos, Spanish rice, beans, salad, fruit, milk</p>	<p>11 Bfast: French toast sticks, sausage, syrup, fruit, milk Lunch: Ham, scalloped potatoes, veggies, fruit, milk</p>	<p>12 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Pizza, carrots, salad bar, fruit, milk</p>	<p>13 Lunch: Chili, cornbread, salad, fruit, milk</p>
<p>16 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Chicken Caesar wraps, chips, salad, fruit,</p>	<p>17 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Orange chicken, rice, broccoli salad, fruit,</p>	<p>18 Bfast: Biscuits & gravy, sausage, fruit, milk Lunch: Sloppy joes, baked beans, salad, fruit, milk</p>	<p>19 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Pizza, carrots, salad bar, fruit, milk</p>	<p>20 Bfast: Cinnamon rolls, sausage, fruit, milk Lunch: Han & cheese sliders, salad, fruit, milk</p>
<p>23 Bfast: Yogurt parfait, sausage, fruit, milk Lunch: Spaghetti, breadsticks, salad, fruit, milk</p>	<p>24 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Chicken tacos, beans, salad, fruit, milk</p>	<p>25 Bfast: Scrambled eggs, potatoes, sausage, fruit, milk Lunch: Cajun jambalaya, cornbread, salad, fruit, milk</p>	<p>26 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Pizza, carrots, salad bar, fruit, milk</p>	<p>27 Lunch: Chili cheese dogs, fries, salad, fruit, milk</p>
<p>30 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Chicken alfredo pasta, veggies, cheesy biscuits, fruit, milk</p>	<p>31 Bfast: Bagel, sausage, cream cheese or cereal, muffin, yogurt Lunch: Enchiladas, Spanish rice, salad, fruit, milk</p>			