



**Menu for
October
2022**

This institution is an equal opportunity provider and employer.

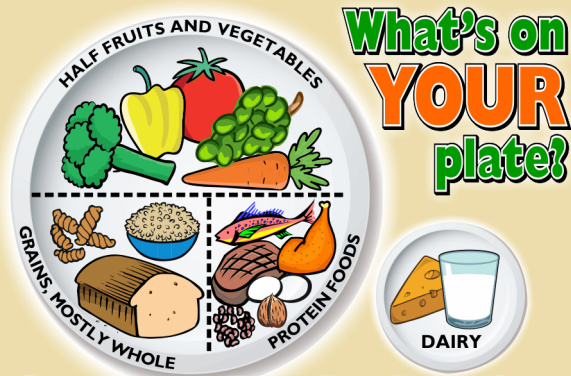


**Celebrate
National School
LUNCH WEEK**

**OCT.10-14
2022**

**Peace, Love
& School
LUNCH**

#NSLW22 | #peaceloveschoollunch



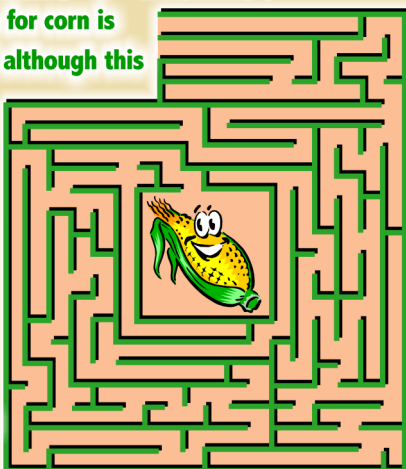
**What's on
YOUR
plate?**

**Featuring Healthy
Fruits & Grains!**

**Click Here to Participate in
the #NSLW 2022 Art Contest**

**Can you solve the Amazing
Maze o' Maize?**

Another name for corn is "maize," and although this may not be the biggest maize maze in the world, it's still **FUN!** Can you find your way to the delicious ear of corn in the center?



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, October 3 WG Muffin 100% Fruit Juice	Tuesday, October 4 Smart Snack Chips 100% Fruit Juice	Wednesday, October 5 WG Cereal Milk	Thursday, October 6 WG Elf Graham Crackers 100% Fruit Juice	Friday, October 7 Mini Chocolate Chip WG Cookies Milk
Monday, October 10 WG Muffin 100% Fruit Juice	Tuesday, October 11 Smart Snack Chips 100% Fruit Juice	Wednesday, October 12 WG Cereal Milk	Thursday, October 13 Goldfish Crackers 100% Fruit Juice	Friday, October 14 Mini Chocolate Chip WG Cookies Milk
Monday, October 17 WG Muffin 100% Fruit Juice	Tuesday, October 18 Smart Snack Chips 100% Fruit Juice	Wednesday, October 19 WG Cereal Milk	Thursday, October 20 WG Elf Graham Crackers 100% Fruit Juice	Friday, October 21 Mini Chocolate Chip WG Cookies Milk
Monday, October 24 WG Muffin 100% Fruit Juice	Tuesday, October 25 Smart Snack Chips 100% Fruit Juice	Wednesday, October 26 WG Cereal Milk	Thursday, October 27 Goldfish Crackers 100% Fruit Juice	Friday, October 28 Mini Chocolate Chip WG Cookies Milk