

# Menus

**School:** Virginia Elementary School

**Academic Year:** 2022-23

**Meal:** All

**Month:** October 2022

October				
M	Tu	W	Th	F
<p>3</p> <p><b>Breakfast:</b> Cinnamon Toast Crunch/Lucky Charms Pineapple 100% Juice Milk</p> <p><b>Lunch:</b> Lasagna Roll Up Garlic Bread Corn Pineapple Milk</p>	<p>4</p> <p><b>Breakfast:</b> Waffle/Syrup Pears 100% Juice Milk</p> <p><b>Lunch:</b> Tenderloin/Bun Potato Smiles Green Beans Pears Milk</p>	<p>5</p> <p><b>Breakfast:</b> Cinnamon Roll Mandarin Oranges 100% Juice Milk</p> <p><b>Lunch:</b> Corn Dogs Chips Baked Beans Mandarin Oranges Milk</p>	<p>6</p> <p><b>Breakfast:</b> Sausage &amp; Cheese Biscuit Peaches 100% Juice Milk</p> <p><b>Lunch:</b> Sausage &amp; Gravy on Biscuit Yogurt Tater Tots Cinnamon Apples Milk</p>	<p>7</p>
<p>10</p>	<p>11</p> <p><b>Breakfast:</b> Fruit Loops/ Lucky Charms Mandarin Oranges 100% Juice Milk</p> <p><b>Lunch:</b> Chicken Quesadilla Corn Spanish Rice Mandarin Oranges Milk</p>	<p>12</p> <p><b>Breakfast:</b> French Toast/Syrup Pineapple 100% Juice Milk</p> <p><b>Lunch:</b> Chicken Nuggets Mashed Potatoes/Gravy Green Beans Pineapple Milk</p>	<p>13</p> <p><b>Breakfast:</b> Bagel/Cream Cheese Mixed Fruit 100% Juice Milk</p> <p><b>Lunch:</b> Walking Tacos(Meat &amp; Cheese) Corn Chips Refried Beans Mixed Fruit Milk</p>	<p>14</p> <p><b>Breakfast:</b> Cocoa Puffs/Cinnamon Toast Crunch Peaches 100% Juice Milk</p> <p><b>Lunch:</b> No Lunch Out @11:20</p>
<p>17</p> <p><b>Breakfast:</b> Cinnamon Strudel Peaches 100% Juice Milk</p> <p><b>Lunch:</b> Hot Dog/Bun Pretzels Baked Beans Peaches Milk</p>	<p>18</p> <p><b>Breakfast:</b> Scrambled Eggs/Toast Mixed Fruit 100% Juice Milk</p> <p><b>Lunch:</b> Hamburger/Bun French Fries Green Beans Mixed Fruit Milk</p>	<p>19</p> <p><b>Breakfast:</b> Pancake/Syrup Pears 100% Juice Milk</p> <p><b>Lunch:</b> Sloppy Joe/Bun Chips Peas Pears Milk</p>	<p>20</p> <p><b>Breakfast:</b> Lucky Charms/Fruit Loops Pineapple 100% Juice Milk</p> <p><b>Lunch:</b> Pepperoni Calzone Carrots/Ranch Banana Brownie Milk</p>	<p>21</p> <p><b>Breakfast:</b> Pop Tart/Cereal Bar String Cheese 100% Juice Milk</p> <p><b>Lunch:</b> Chef Salad (Lettuce, Cheese, Ham, Tomatoes, Cucumbers, &amp; Carrots) Bread stick Apple Slices Milk</p>
<p>24</p> <p><b>Breakfast:</b> Pancakes/Syrup Pears 100% Juice Milk</p> <p><b>Lunch:</b> Turkey &amp; Cheese Sub Chips Carrots/Ranch Pears Milk</p>	<p>25</p> <p><b>Breakfast:</b> Biscuits &amp; Gravy Mandarin Oranges 100% Juice Milk</p> <p><b>Lunch:</b> Chili Grilled Cheese Mandarin Oranges Milk</p>	<p>26</p> <p><b>Breakfast:</b> Fruit Loops/ Lucky Charms Pineapple 100% Juice Milk</p> <p><b>Lunch:</b> Chicken Fajita Refried Beans Corn Pineapple Milk</p>	<p>27</p> <p><b>Breakfast:</b> Waffle/Syrup Peaches 100% Juice Milk</p> <p><b>Lunch:</b> Pancake on a Stick Tater Tots Yogurt Cinnamon Apples Milk</p>	<p>28</p> <p><b>Breakfast:</b> Cocoa Puffs/Cinnamon Toast Crunch Applesauce 100% Juice Milk</p> <p><b>Lunch:</b> Bosco Stick Marinara Sauce Carrots/Ranch Applesauce Milk</p>
<p>31</p> <p><b>Breakfast:</b> Lucky Charms/Cocoa Puffs Pears 100% Juice Milk</p> <p><b>Lunch:</b> Happy Halloween! Witches Brew Stew(Vegetable Soup) Clementines Biscuits Yogurt Pumpkin Cookie</p>	<p>1</p> <p><b>Breakfast:</b> Breakfast Calzone Peaches 100% Juice Milk</p> <p><b>Lunch:</b> Chicken Alfredo Garlic Bread Green Beans Peaches Milk</p>	<p>2</p> <p><b>Breakfast:</b> French Toast/Syrup Mandarin Oranges 100% Juice Milk</p> <p><b>Lunch:</b> Chicken Patty/Bun Potato Wedges Carrots Mandarin Oranges Milk</p>	<p>3</p> <p><b>Breakfast:</b> Cinnamon Roll Yogurt Pears 100% Juice Milk</p> <p><b>Lunch:</b> Pulled Pork/Bun Chips Mixed Vegetables Pears Milk</p>	<p>4</p> <p><b>Breakfast:</b> Cinnamon Toast Crunch/Fruit Loops Applesauce 100% Juice Milk</p> <p><b>Lunch:</b> Cheese Pizza Salad Raisins Teddy Grahams Milk</p>