

# OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Menus are subject to change.						1
2	2 Cereal, fruit, yogurt Breaded Beef Patty, mashed Potatoes, green Beans, Gravy	4 Variety muffins, fruit, yogurt Chicken Fajitas, Black Beans, corn	5 Breakfast Burritos, fruit Yogurt Pulled Pork Sand., Baked Beans	6 Biscuits and Sausage Gravy Sloppy Joes, French fries	7	8
9	10 Pancake on a stick, fruit yogurt Chicken Nuggets, Sweet Potato Fries	11 Breakfast Pizza Fruit, Yogurt Walking Tacos, black Beans	12 Biscuits and Gravy, Fruit, yogurt Spaghetti and noodles, breadsticks	13 Cinnamon rolls, yogurt, fruit Bts Burgers, french fries, Baked beans	14	15
16	17 french toast sticks, Fruit, Yogurt. Grilled ham and Cheese, Tomato Soup	18 Biscuits and Gravy, Fruit, Yogurt. Beef Fajits, black beans, corn	19 English Muffins, sausage patty Cheese Hot Dogs, French Fries	20 Vareity muffins, fruit yogurt Sliced pork, scalloped potatoes, corn, roll	21	22
23	24 Breakfast Pizza, fruit yogurt Chili and cinnamon roll	25 scrambled eggs, sausage patty, toast Chicken enchilada bake, corn	26 Cereal, Toast, fruit, Yogurt Chicken Breast fillet sand., fries, green beans	29 cinnamon rolls,, yogurt, fruit, Bts Burgers, chips, Baked beans	28	29
30	31	<b>NOTES:</b> <b>Choice of 1% White Milk, 1% Chocolate or Skim Strawberry Milk served daily.</b> <b>Alternate Lunch choices are Peanut Butter and Jelly Sandwich( Mon, Tue, Wed) and Yogurt (Thursday), choice of Chef Salad is available Daily. Menu subject to change without notice</b>				



## Hay Springs School Cafeteria

Breakfast is always served with choice of Fruit, Yogurt, and Granola.

Lunch salad bar is always served with salad, 2 fruits and 3 other items which change daily.