

OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Menus are subject to change.	2 Cream Cheese Bagels Chicken Alfredo Linguini with Garlic Breadsticks	3 English Muffin, Egg, & Cheese Sandwich Walking Tacos, Black Beans & Corn	4 Pancakes and Sausage Roast Beef Open-Faced Sandwich with Gravy	5 Biscuits and Gravy BTS Burgers, Baked Beans, and Chips	6	7
8	9 Omelets and Toast Chicken Tenders, Sweet Potato Fries and Baked Beans	10 Breakfast Pizza Taco Casserole	11 Breakfast Tornadoes Chicken and Mashed Potato Bowl	12 Pancakes and Sausage Spaghetti with Meat Sauce and Garlic Breadstick	13	14
15	16 French Toast Sticks Hot Dogs and French Fries	17 Doughnuts Chili and Cinnamon Rolls	18 Eggs and Biscuits Chicken Fajitas, Black Beans, and Corn	19 Breakfast Pizza BTS Burgers, Baked Beans and Chips	20	21
22	23 Biscuits and Gravy Chicken Breast Sandwich and Green Beans	24 Cinnamon Rolls Meaty Nachos and Black Beans	25 French Toast Sticks Meat Loaf, Mashed Potatoes, Gravy, and Corn	26 Pancakes Dino Nuggets, Smiley Fries, and a Roll	27	28
29	30 Variety Muffins Pork Stir Fry and Rice (Improved Recipe!)	31 Omelets, Toast, & Potato Triangles Orange Chicken, Rice, Peas and a Fortune Cookie				
NOTES: Choice of 1% White Milk, Skim Chocolate or Skim Strawberry Milk served daily. Alternate Lunch choices are Peanut Butter and Jelly Sandwich(Mon, Wed) and Deli sandwich(Tue, Thu), choice of Chef Salad is available Daily. Menu subject to change without notice.						



Hay Springs School Cafeteria. Breakfast is always served with choice of Fruit, Yogurt and Granola. Lunch salad bar is served with a mixed lettuce salad, 2 Fruits, and 3 Other items that change daily.