

# OCTOBER 2023 HOT SUPPER



**Remember that at least one vegetable component MUST be served at every Supper!**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
10/2/2023		10/3/2023		10/4/2023		10/5/2023		10/6/2023	
288 670 100	MACARONI & CHEESE WITH BROCCOLI FRESH FRUIT MILK	216 620 683 100	TACO STICK SALSA CUP UNSWEETENED APPLESAUCE CUP MILK	202 611 670 100	CHEESEBURGER ON BUN BAGGED CARROTS FRESH FRUIT MILK	268 506 697 100	FRENCH BREAD PIZZA CHOPPED ROMAINE SALAD BAGGED APPLE SLICES MILK	283 506 611 100	CHICKEN TENDERS WITH CORN CHOPPED ROMAINE SALAD OR BAGGED CARROTS PACK MILK
									
10/9/2023		10/10/2023		10/11/2023		10/12/2023		10/13/2023	
274 611 670 100	TOASTED CHEESE SANDWICH BAGGED CARROTS FRESH FRUIT MILK	295 649 904 100	MEATLOAF WITH GRAVY & MASHED POTATOES ORANGE GELLO BOWL WHEAT BREAD MILK	282 697 100	BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES BAGGED SLICED APPLES MILK	271 715 506 670 100	CHEESEBURGER CALZONE MEXICAN STREET CORN OR CHOPPED ROMAINE SALAD FRESH FRUIT MILK	264 506 697 684 100	4x 6 CHEESE PIZZA CHOPPED ROMAINE SALAD OR BAGGED CARROTS PACK MIXED BERRY APPLESAUCE MILK
<b>COLUMBUS DAY</b>									
10/16/2023		10/18/2023		10/19/2023		10/20/2023		10/20/2023	
281 670 100	POPCORN CHICKEN WITH ROASTED POTATOES FRESH FRUIT MILK	221 620 697 100	TWO CHEESE CHICKEN QUESADILLA SALSA CUP BAGGED APPLE SLICES MILK	284 670 100	CHICKEN ALFREDO WITH PENNE AND BROCCOLI FRESH FRUIT MILK	268 506 683 100	FRENCH BREAD PIZZA CHOPPED ROMAINE SALAD UNSWEETENED APPLESAUCE MILK	200 506 611 609	HAMBURGER CHOPPED ROMAINE SALAD OR BABY CARROTS PACK DOLE MIXED FRUIT CUP
10/23/2023		10/24/2023		10/25/2023		10/26/2023		10/27/2023	
298 697 904 100	TURKEY CHILI WITH ITALIAN VEGETABLES BAGGED SLICED APPLES WHEAT BREAD MILK	225 716 670 100	CIABATTA CHEESE MELT ROASTED SWEET POTATOES FRESH FRUIT MILK	282 621 100	BBQ POPCORN CHICKEN WITH SWEET MASHED POTATOES CELERY STICKS MILK	200 506 684 100	HAMBURGER ON BUN CHOPPED ROMAINE SALAD MIXED BERRY APPLESAUCE CUP MILK	255 506 611 670 100	PIZZA BOLI CHOPPED ROMAINE SALAD OR BABY CARROTS PACK FRESH FRUIT MILK

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Milk Variety includes Skim White Milk, 1 % White Milk, Skim Chocolate Milk, Skim Strawberry Milk and Skim Lactose Free milk

**REMINER: Water must be OFFERED every day!**  
**WG = WHOLE GRAIN-RICH**