

Menus

School: Cowgill R-VI School

Academic Year: 2022-23

Meal: All

Month: October 2022

October				
M	Tu	W	Th	F
3 Breakfast: Granola & Yogurt Juice or Fruit Milk Lunch: Chicken Strips, Sweet Potatoes & Peaches	4 Breakfast: Eggs & Toast Juice or Fruit Milk Lunch: Fish Sandwich, Peas & Pears	5 Breakfast: Oatmeal Juice or Fruit Milk Lunch: Biscuits & Gravy, Tri- Tater & Mandarin Oranges	6 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Burrito, Corn, String Cheese & Cinnamon Apples	7
10 Breakfast: Granola & Yogurt Juice or Fruit Milk Lunch: McRibb Sandwich, Carrots & Pineapple	11 Breakfast: Eggs & Toast Juice or Fruit Milk Lunch: Chef Salad, Breadstick & Banana	12 Breakfast: Oatmeal Juice or Fruit Milk Lunch: Meatloaf, Mashed Potatoes, Corn, Roll & Peaches	13 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Corndog, BBQ Beans & Pears	14 Breakfast: Cook's Choice Juice or Fruit Milk Lunch: Tuna Casserole, Peas & Applesauce
17 Breakfast: Granola & Yogurt Juice or Fruit Milk Lunch: Grilled Cheese Sandwich, Vegetable Soup & Applesauce	18 Breakfast: Eggs & Toast Juice or Fruit Milk Lunch: Beef Stroganoff, Green Beans & Peaches	19 Breakfast: Oatmeal Juice or Fruit Milk Lunch: Sweet & Sour Chicken, Broccoli, Rice & Pineapple	20 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Pizza, Corn & Pears	21
24 Breakfast: Pop Tart Juice or Fruit Milk Lunch: Spaghetti & Meat Sauce, Green Beans, Breadstick & Pears	25 Breakfast: Eggs & Toast Juice or Fruit Milk Lunch: Deli Sandwich, Chips & Banana	26 Breakfast: Oatmeal Juice or Fruit Milk Lunch: Taco Salad, Black Beans & Cinnamon Apples	27 Breakfast: Granola & Yogurt Juice or Fruit Milk Lunch: Cheeseburger, Mixed Veggies & Mandarin Oranges	28 Breakfast: Cook's Choice Juice or Fruit Milk Lunch: Halloween Dinner Bloody Finger, Spooky Beans, Pumpkin Wedges & Trick-or-Treat Cake
31 Breakfast: Vampire Donuts Juice or Fruit Milk Lunch: Chicken Sandwich, Sweet Potatoes & Mandarin Oranges	1 Breakfast: Granola & Yogurt Juice or Fruit Milk Lunch: Uncrustable, Chips & Banana	2 Breakfast: Oatmeal Juice or Fruit Milk Lunch: Chili, Corn, Crackers, String Cheese & Cinnamon Apples	3 Breakfast: Egg & Cheese Biscuit Juice or Fruit Milk Lunch: Popcorn Chicken, Salad & Pineapple "The USDA is an equal opportunity provider and employer."	4