

Menus

School: Cowgill R-VI School

Academic Year: 2022-23

Meal: All

Month: October 2022

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