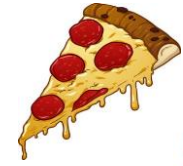




LUNCH 2023 OCTOBER MENU

BUENA VISTA CITY PUBLIC SCHOOLS

TAP & PRE K



Monday	Tuesday	Wednesday	Thursday	Friday
2 HAMBURGER STEAK & GRAVY W/ ROLL MASHED POTATOES GREEN BEANS LOW FAT MILK	3 CHICKEN QUESADILLA CORN FRUIT LOW FAT MILK	4 CHEESE BITES W/ MARINARA SAUCE FRESH CARROT CUP FRUIT LOW FAT MILK	5 RANCH CHICKEN WRAP POTATO WEDGES FRUIT LOW FAT MILK	6 POPCORN CHICKEN BAKED BEANS FRUIT LOW FAT MILK
9 HOT HAM & CHEESE GREEN BEANS FRUIT LOW FAT MILK	10 PEPPERONI & CHEESE POCKET STEAMED CARROTS FRUIT LOW FAT MILK	11 CORNDOG NUGGETS SWEET POTATOES FRUIT LOW FAT MILK	12 SWEET & SOUR CHICKEN W/ RICE STEAMED BROCCOLI FRUIT LOW FAT MILK	13 BAKED ZITI W/ GARLIC BREAD CORN FRUIT LOW FAT MILK
16 CHICKEN PATTY ON BUN FRIES FRUIT LOW FAT MILK	17 WALKING TACO CORN FRUIT LOW FAT MILK	18 PIZZA FRESH VEGGIE CUP FRUIT LOW FAT MILK	19 CHILI W/ CORNBREAD POPPERS MASHED POTATO SMILES FRUIT LOW FAT MILK	20 CHEESEBURGER ON BUN ONION RINGS FRUIT LOW FAT MILK
23 NO SCHOOL	24 CHICKEN TENDERS BAKED BEANS FRUIT LOW FAT MILK	25 MEATBALLS W/ ROLL CORN FRUIT LOW FAT MILK	26 CHICKEN PARMESAN W/ BREADSTICK FRESH VEGGIE CUP FRUIT LOW FAT MILK	27 GRILLED CHEESE SANDWICH TOMATO SOUP FRUIT LOW FAT MILK
30 CHICKEN NUGGETS PEAS FRUIT LOW FAT MILK	31 SHREDDED BBQ CHICKEN ON BUN FRIES FRUIT LOW FAT MILK	1 PIZZA FRESH CARROT CUP FRUIT LOW FAT MILK	2 MAC & CHEESE COOKIE SWEET POTATOES FRUIT LOW FAT MILK	3 SALISBURY STEAK & GRAVY MASHED POTATOES GREEN BEANS LOW FAT MILK

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

IF YOU HAVE ANY QUESTIONS PLEASE CALL OUR NUTRITION DEPARTMENT AT 540-261-3352