

Shakamak October 2022 Menu

3 B: Pop Tart, Fruit, Juice, Milk L: French Toast, Sausage Links, Sweet Potato Fries, Celery, Fruit, Milk	4 B: Muffin, Fruit, Juice, Milk L: Ham and Cheese Sandwich, Green beans, AuGratin Potatoes, Fruit, Milk	5 B: Cereal, Fruit, Juice, Milk L: Macaroni and Cheese with Ham, Fresh Carrots, Green beans, Fruit, Milk	6 B: Honeybun, Fruit, Juice, Milk L: Soft Taco, Cheese, Lettuce, Salsa, Tomatoes, Refried beans, Fruit, Milk	7 B:Frudel,Fruit/ Juice,Milk L: Chicken Breast, Alfredo Noodles, Glazed Carrots, Romaine Salad, Garlic Knot, Fruit, Milk
10 B: Cereal bar, Cheese stick, Fruit, Juice, Milk L: Sausage Gravy, Biscuit, Mashed Potatoes, Green beans, Fruit, Milk	11 B: Donut, Fruit, Juice, Milk L: Chicken Quesadilla, Queso Cheese, Green beans, Refried beans, Fruit, Milk	12 B: Cereal, Fruit, Juice, Milk L: General Tso's Chicken, Brown Rice, Broccoli, Fresh Carrots, Fruit, Milk	13 B: Cinni Mini, Fruit, Juice, Milk L: Grilled Cheese, Romaine Salad, Sweet Potato Fries, Fruit, Milk	14 B: Banana Bread, Fruit, Juice, Milk L: Pizza, Romaine Salad w/Tomatoes, Corn, Fruit, Milk
17	18	19	20	21
No School - Fall Break				
24 B: Rice Krispie, Cheese stick, Fruit, Juice, Milk L: Corndog, Green beans, Fresh Carrots, Fruit, Milk	25 B: Waffles, Fruit, Juice, Milk L: Hamburger or Cheeseburger, French Fries, Baked beans, Fruit, Milk	26 B: Cereal, Fruit, Juice, Milk L: Fish Sandwich, Baked Potato, Fresh Carrots, Fruit, Milk	27 B: Bagel, Fruit, Juice, Milk L: Spaghetti, Romaine Salad w/Tomatoes, Green beans, Fruit, Milk	28 B: Pop Tart, Fruit, Juice, Milk L: Ground Beef and Cheese, Tostito Chips, Potato Wedges, Celery, Fruit, Milk
31 B: Donut, Fruit, Juice, Milk L: Chill Soup, Crackers, Peanut butter Sandwich, Carrots, Celery, Fruit, Milk				