

September 26 - October 28 2022

Monday	Tuesday	Wednesday	Thursday	Friday
F Day 26 Corndog or Broccoli Lo Mein*	A Day 27 Gyro or French Toast*	B Day 28 Mac & Cheese* or Chicken BBQ Ranch Wrap	C Day 29 Acorn Squash w/Wild Rice* or Cuban Sandwich	D Day 30 Walking Taco w/ Beef or Bean* and Assorted Topping Ice Cream
F Day 3 Chicken Nugget or Penne Rosa*	E Day 4 BBQ Pulled Pork Sandwich or Vegetable Orzo*	5 	FALL WEEKEND * Denotes vegetarian option. Deli bar is another option daily. Fresh fruit, and salad bar served daily (1-12). ES-K Daily sandwich option: Turkey, or ham, or cheese sandwich.	
A Day 10 Andouille Sausage w/ Pasta or Cheese Omelet*	B Day 11 Spaghetti Choice of Sauce* Marinara, Meat, Alfredo	C Day 12 Cheese Pizza* or Sloppy Joe	D Day 13 Beef Chili or Ham & Cheese on a Pretzel Bun	E Day 14 Cook Out Hot Dog / Hamburger Black Bean Burger*
F Day 17 Pizza Dipper* or Vegetable Croissant*	A Day 18 Mostaccioli* w/ Meatballs or Broccoli Quiche*	B Day 19 Teriyaki Chicken w/ Brown Rice Stir Fried Vegetable*	C Day 20 Grilled Cheese Tomato Soup or Vegetable Flat Bread*	21 
X Day 24 Breaded Chicken Patty or Pesto Pasta*	E Day 25 Bake Potato* W/ Topping or Chicken Caesar Wrap	F Day 26 Brat on a bun or Prairie McMuffin* w/Chicken Sausage	a Day 27 28  Afternoon All Day	