

# October 2023

## Rolla USD #217 Food Service

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																																		
<b>1</b>	<b>2</b> B. Mini Waffles, Tropical Fruit  L. Sweet & Sour Chicken Nuggets, Seasoned Brown Rice, Asian Stir- Fry Vegetables, Cherry Tomatoes, Celery Sticks, Fresh Oranges	<b>3</b> B. Pancake, Sausage Patty, Fresh Oranges  L. Chicken Crisпитos, Steamed Carrots, Tortilla Chips, Apple Crisp, Romaine Lettuce, Pineapple	<b>4</b> B. Bagel, Pineapple  L. Cheese Breadsticks, Meaty Marinara Sauce, Corn, Tossed Salad, Fresh Broccoli Florets, Strawberries	<b>5</b> B. Cereal, Cinnamon Toast, Strawberries  L. Pulled Pork Sandwich, Baked Beans, Coleslaw, Rosy Applesauce	<b>6</b>	<b>7</b>																																																																																																		
<b>8</b>	<b>9</b> B. Biscuit & Gravy, Rosy Applesauce  L. Chicken Tetrazzini, Seasoned Peas, Garlic Bread, Tossed Salad, Fresh Baby Carrots, Kiwi	<b>10</b> B. Cereal, Scrumptious Coffecake, Kiwi  L. Hamburger Patty on a Bun, Baked Beans, Potato Wedges, Leaf Lettuce, Sliced Tomatoes, Red Bell Pepper Stripes, Watermelon	<b>11</b> B. Scrambled Eggs, Toast, Watermelon  L. Pancakes, Baked Ham, Hash Brown Patty, Sliced Cucumbers, Cherry Tomatoes	<b>12</b> B. French Toast Sticks, Fresh Oranges  L. Rodeo Burger on a Bun, Rosted Red Potatoes, Fresh Broccoli Florets, Fruit Cocktail	<b>13</b>	<b>14</b>																																																																																																		
<b>15</b>	<b>16</b> B. Mini Waffles, Fruit Cocktail  L. Beef & Bean Burrito, Corn, Tortilla Chips, Romaine Lettuce, Tomatoes, Grapes	<b>17</b> B. Cereal, Cinnamon Roll, Grapes  L. Stromboli Triangle, Steamed Broccoli, Garden Salad, Fresh Baby Carrots, Peaches	<b>18</b> Breakfast Pizza, Peaches  L. BBQ Beef on a Bun, Seasoned Peas, Brownie, Cantaloupe	<b>19</b> B. Cereal, Breakfast Bar, Cantaloupe  L. Turkey & Cheese Sub Sandwich, Baked Beans, Sweet Potato Fries, Leaf Lettuce, Sliced Tomatoes, Mandarin Oranges	<b>20</b>	<b>21</b>																																																																																																		
<b>22</b>	<b>23</b> B. Biscuit & Gravy, Mandarin Oranges  L. Pig in a Blanket, Roasted Red Potatoes, Broccoli & Cheese, Honeydew	<b>24</b> B. Cereal, Banana Bread, Honeydew  L. Spaghetti w/ Meat Sauce, Green Beans, Garlic Bread, Garden Salad, Pears	<b>25</b> B. Chicken & Cheese Biscuit, Pears  L. Taco Salad, Refried Beans, Tortilla Chips, Cinnamon Puff, Romaine Lettuce, Red Bell Pepper Stripes, Banana	<b>26</b> B. Pancake & Sausage on a Stick, Banana  Chicken & Noodles, Mashed Potatoes, Roll, Fresh Baby Carrots, Tropical Fruit	<b>27</b>	<b>28</b>																																																																																																		
<b>29</b>	<b>30</b> B. French Toast Sticks, Tropical Fruit  L. Mini Meatball Sub, Ranch Potato Wedges, Tossed Salad, Apple	<b>31</b> B. Bagel, Apple  L. White Chicken Chili, Cornbread, Cherry Tomatoes, Sliced Cucumbers, Pineapple	<table border="1" style="margin: auto; border-collapse: collapse; text-align: center; background-color: #ffffcc;"> <tr> <th colspan="7">Sep 2023</th> <th colspan="7">Nov 2023</th> </tr> <tr> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> <th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th> </tr> <tr> <td></td><td></td><td></td><td></td><td></td><td>1</td><td>2</td> <td></td><td></td><td></td><td>1</td><td>2</td><td>3</td><td>4</td> </tr> <tr> <td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td> <td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td> </tr> <tr> <td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td> <td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td> </tr> <tr> <td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td> <td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td> </tr> <tr> <td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td> <td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td><td></td> </tr> </table>				Sep 2023							Nov 2023							S	M	T	W	T	F	S	S	M	T	W	T	F	S						1	2				1	2	3	4	3	4	5	6	7	8	9	5	6	7	8	9	10	11	10	11	12	13	14	15	16	12	13	14	15	16	17	18	17	18	19	20	21	22	23	19	20	21	22	23	24	25	24	25	26	27	28	29	30	26	27	28	29	30		
Sep 2023							Nov 2023																																																																																																	
S	M	T	W	T	F	S	S	M	T	W	T	F	S																																																																																											
					1	2				1	2	3	4																																																																																											
3	4	5	6	7	8	9	5	6	7	8	9	10	11																																																																																											
10	11	12	13	14	15	16	12	13	14	15	16	17	18																																																																																											
17	18	19	20	21	22	23	19	20	21	22	23	24	25																																																																																											
24	25	26	27	28	29	30	26	27	28	29	30																																																																																													

Fruit and Milk Choice offered with each Meal. This institution is an equal opportunity provider.