

OCTOBER 2023

St. Henry Elementary School

October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>NO SCHOOL!!!</p>	<p>3</p> <p>Popcorn Chicken Baby Carrots Zee Zee Bar Pears Milk</p> <p>Alt- Turkey Sandwich</p>	<p>4</p> <p>Hamburger Sandwich Baked Beans Hashbrown Grapes Milk</p> <p>Alt- Turkey Sandwich</p>	<p>5</p> <p>Pasta & Meat Sauce Cheese Breadstick Green Beans Apples Slices Milk</p> <p>Alt- Ham Sandwich</p>	<p>6</p> <p>Cheese Ripper Romaine Lettuce Fruit Jonny Pop Milk</p> <p>Alt- Deli Sandwich</p>
<p>9</p> <p>Mini Corn Dogs Baked Beans Baby Carrots Pineapple Milk</p> <p>Alt- Turkey Sandwich</p>	<p>10</p> <p>Taco Meat WG Tortilla Chips Iceberg Lettuce Cheese & Salsa Pears Milk</p> <p>Alt- Ham Sandwich</p>	<p>11</p> <p>BBQ Rib Sandwich Potato Smiles Banana 100% Fruit Juice Milk</p> <p>Alt- Hotdog Sandwich</p>	<p>12</p> <p>Chicken Drumstick Mashed Potatoes Dinner Roll w/ Jelly Applesauce Milk</p> <p>Alt- Turkey Sandwich</p>	<p>13</p> <p>Bosco Stick Romaine Lettuce Fruit Frozen Yogurt Milk</p> <p>Alt- Deli Sandwich</p>
<p>16</p> <p>Chicken Nuggets Baked Beans Dinner Roll w/ Jelly Applesauce Milk</p> <p>Alt- Ham Sandwich</p>	<p>17</p> <p>Taco Pizza Romaine Lettuce Pears 100% Fruit Juice Milk</p> <p>Alt- Turkey Sandwich</p>	<p>18</p> <p>Salisbury Steak w/ Gravy Mashed Potatoes Butter Bread Peaches Milk</p> <p>Alt- Ham Sandwich</p>	<p>19</p> <p>Pancake on a Stick Baby Carrots Green Beans Pineapple Milk</p> <p>Alt- Hotdog Sandwich</p>	<p>20</p> <p>Cheese Pizza Iceberg Lettuce Fruit Jonny Pop Milk</p> <p>Alt- Deli Sandwich</p>
<p>23</p> <p>Chicken Patty Sandwich Green Beans Pears 100% Fruit Juice Milk</p> <p>Alt- Turkey Sandwich</p>	<p>24</p> <p>Taco Wedges Corn Salsa Applesauce Milk</p> <p>Alt- Hotdog Sandwich</p>	<p>25</p> <p>Italian Meatballs Iceberg Lettuce Breadstick w/ Sauce Pineapple Milk</p> <p>Alt- Turkey Sandwich</p>	<p>26</p> <p>Chicken Tenders Baked Beans Baby Carrots Peaches Milk</p> <p>Alt- Ham Sandwich</p>	<p>27</p> <p>Pepperoni Pizza Ripper Romaine Lettuce Fruit Sidekick Milk</p> <p>Alt- Deli Sandwich</p>
<p>30</p> <p>Hotdog Sandwich Baked Beans Baby Carrots Applesauce Milk</p> <p>Alt- Ham Sandwich</p>	<p>31</p> <p>Fajita Chicken WG Tortilla Romaine Lettuce Peaches 100% Fruit Juice Halloween Treat Alt- Hotdog Sandwich</p>			



PLEASE NOTE: Menus are subject to change based on product availability

This institution is an equal opportunity provider.

****This is the first day Kindergarten is allowed to choose the alternate****