

OCTOBER 2023

St. Henry Middle/High 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
NO SCHOOL 2	Soft Taco Refried Beans 3 Corn Salsa Fruit Milk Alt- Deli Sandwich	Sausage Cheese Sandwich 4 Cubed Potatoes Spinach Salad Fruit Fruit Snack Alt- Calzone	BBQ Pork Nachos 5 Toppings Fruit Milk Alt- Chicken Salad Sandwich	Cheese Ripper 6 Romaine Lettuce Spaghetti Sauce 100% Fruit Juice Milk Alt-Deli Sandwich
Chicken Noodles 9 Green Beans Baby Carrots Fruit Milk Alt- Deli Sandwich	Taco Meat 10 Tortilla Chips / Refried Beans Iceberg Lettuce Cheese & Salsa Fruit/ Milk HS- Teddy Grahams Alt- Deli Sandwich	BBQ Rib Sandwich 11 Sweet Potato Fries Coleslaw Fruit Milk Alt- Deli Sandwich	Country Fried Steak 12 Mashed Potatoes Butter Bread Fruit Milk Alt- Deli Sandwich	Bosco Stick 13 Broccoli & Cheese String Cheese Sidekick Fruit/ Milk Alt- Hotdog Sandwich
Chicken Nuggets 16 Corn Macaroni Salad Fruit Milk Alt- Hotdog Sandwich	Taco Pizza 17 Iceberg Lettuce Salsa Black Bean Salsa Fruit Milk Alt- Deli Sandwich	Salisbury Steak w/ Gravy 18 Mashed Potatoes Butter Bread Fruit Milk Alt- Deli Sandwich	BBQ Grilled Chicken Sandwich 19 Cole Slaw Tater Tots Fruit Milk Alt- Deli Sandwich Asian Bar. No Salads	Pizza Crunchers 20 Romaine Lettuce Spaghetti Sauce 100% Fruit Juice Milk Alt- Deli Sandwich
Chicken Patty Sandwich 23 Lettuce, Tomato, & Onion Potato Smiles Fruit Milk Alt- Hotdog Sandwich	Taco Wedges 24 Green Beans Salsa Fruit Milk Alt- Deli Sandwich Pasta Bar. No Salads	Italian Meatballs 25 Caesar Salad Breadstick w/ Sauce Fruit Milk Alt- Chicken Salad Sandwich	Chicken Tender Wrap 26 Romaine Lettuce Black Beans Fruit Milk Alt- Deli Sandwich	Pepperoni Pizza Ripper 27 Broccoli & Cheese Jonny Pop Fruit Milk Alt- Deli Sandwich
Hotdog Sandwich 30 Baby Carrots Hashbrown HS- Cheez-its Fruit/ Milk Alt- Deli Sandwich	Chipotle Chicken Bowl 31 Rice/HS – Tortilla Chips Romaine Lettuce Black Beans Cheese & Salsa Fruit/Milk Alt – Deli Sandwich			

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