

OCTOBER 2023

Pre-K @ Central Elementary



**AVAILABLE
DAILY**

Daily Breakfast

Assorted Cereal
Yogurt w/ Grahams
Fruit & Fruit Juice Variety

Daily Lunch

PBJ w/ Cheddar Goldfish
Yogurt w/ Cheesestick & Grain

Milk Choice

1% Unflavored

**Monday
October 2nd**

Breakfast

Asst. Bread Slices

Lunch

Crispy
Chicken Nuggets
Open Hearth
Baked Beans
Sunbelievable Veggie
Sidekick
Applsauce Cup

**Tuesday
October 3rd**

Breakfast

Mini Strawberry
Cream Cheese
Filled Bagels

Lunch

Grilled Cheese
Creamy Tomato Soup
Cucumber Veggie Cup
Chilled Mixed Fruit

**Wednesday
October 4th**

Breakfast

Cinnamon Rush
French Toast

Lunch

Papa John's Pizza
Buttery Corn
Celery Sticks
Juicy Peaches

**Thursday
October 5th**

Breakfast

Pigglegstick

Lunch

Shrimp Poppers
w/ Mac + Cheese
Seasoned Broccoli
Baby Carrots
Frozen Fruit Cup

**Friday
October 6th**

Breakfast

Asst. Cereals

Lunch

Cheeseburger
Potato Smiles
Red + Green Pepper
Veggie Cup
Fresh Apple Slices

**World Smile
Day**

**Monday
October 9th**

Breakfast

Blueberry
Crumb Cake

Lunch

Classic Chicken Wings
Crispy Potato Wedges
Baby Carrots
Juicy Peaches

**Tuesday
October 10th**

Breakfast

Asst. Muffins

Lunch

French Toast Sticks
w/ Stuffed Hashbrown
Tater Tots
Cucumber Veggie Cup
Chilled Orange Juice

**Wednesday
October 11th**

Breakfast

Mini
Confetti Pancakes

Lunch

Stuffed Crust Pizza
Seasoned Broccoli
Celery Sticks
Chilled Mixed Fruit

**Thursday
October 12th**

Breakfast

Pigglegstick

Lunch

Beef Nachos
w/ Scoops
Glazed Carrots
Shredded Lettuce
+ Tomato Cup
Cool Pears

**Friday
October 13th**

**No
School**

**ALL STUDENTS EAT ALL
MEALS AT NO COST
AGAIN THIS YEAR**

**This institution is an equal
opportunity provider.**

National School Lunch Week

**Monday
October 16th**

Breakfast

Asst. Bread Slices

Lunch

Chicken Tenders
Open Hearth
Baked Beans
Sunbelievable Veggie
Sidekick
Applesauce Cups

**Tuesday
October 17th**

Breakfast

Mini Strawberry
Cream Cheese
Filled Bagels

Lunch

Spaghetti
w/ Meat Sauce
w/ Breadstick
Seasoned Green Beans
Garden Salad
w/ Tomatoes
Frozen Fruit Cup

**Wednesday
October 18th**

Breakfast

Cinnamon Rush
French Toast

Lunch

Deep Dish Pizza
Sweet Potato Fries
Cucumber Veggie Cup
Chilled Mixed Fruit

**Thursday
October 19th**

Breakfast

Pigglegstick

Lunch

Mandarin
Orange Chicken
w/ Rice
Seasoned Broccoli
Celery Sticks
Pineapple Tidbits

**Friday
October 20th**

Breakfast

Asst. Cereal

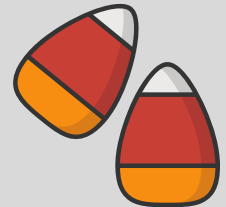
Lunch

Meatball Sub
French Fries
Baby Carrots
Fresh Apple Slices



Where do ghosts
buy their Halloween
candy?

**At the ghost-ery
store!**



**Monday
October 23rd**

Breakfast

Blueberry
Crumb Cake

Lunch

Chicken Drumstick
Mixed Vegetables
Baby Carrots
Juicy Peaches

**Tuesday
October 24th**

Breakfast

Asst. Muffins

Lunch

Beef Hot Dog on Roll
Open Hearth
Baked Beans
Cucumber Veggie Cup
Applesauce Cups

**Wednesday
October 25th**

Breakfast

Mini
Confetti Pancakes

Lunch

Max Sticks
w/ Pizza Sauce
Seasoned Broccoli
Celery Sticks
Frozen Fruit Cup

**Thursday
October 26th**

Breakfast

Pigglegstick

Lunch

Beef Nachos
w/ Scoops
Buttery Corn
Shredded Lettuce
+ Tomato Cup
Cool Pears

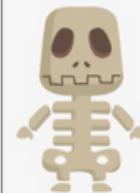
**Friday
October 27th**

Breakfast

Asst. Cereal

Lunch

Popcorn Chicken
Fluffy Mashed
Potatoes
Red +Green Pepper
Veggie Cup
Fresh Apple Slices



Why don't skeletons
ever go trick or
treating?

**Because they
have no-Body to
go with.**



**Monday
October 30th**

**No
School**

**Tuesday
October 31st**

Breakfast

Mini Strawberry
Cream Cheese
Filled Bagels

Lunch

"Bat" Nuggets
Oven Baked Fries
Cucumber Veggie Cup
EEK Sidekick Icy

Breakfast

Confetti Pancakes

Lunch

Max Sticks
w/ Pizza Sauce
Seasoned Broccoli
Fresh Orange Fries
Frozen Fruit Cup



What do birds say on
Halloween?

"Trick or Tweet!"