

## OCTOBER 2023

Lisa's Catering

Monday	Tuesday	Wednesday	Thursday	Friday
Goulash* Mixed Vegetables Pears	BBQ Chicken Whole Grain Bun* Peas Apple Sauce	Salisbury Steak Whole Grain Bread* Mashed Potatoes Orange	Pizza Hut Cheese Pizza Slice Salad Banana	Italian Chicken and Rice* Green Beans Pineapple
Spaghetti* Corn Peaches	Chicken Enchilada Hot Dish* Salad Fruit Cocktail	Hamburger Whole Grain Bun* Diced Carrots Apple	Meatballs Whole Grain Rich Bread* Mashed Potatoes Cantaloupe	Corn Dog* Green Beans Banana
Chicken Taco Whole Grain Tortilla* Corn Pears	Meatball Penne* Peas and Carrots Apple Sauce	Chicken Patty Whole Grain Bun* Baked Beans Orange	Pizza Hut Cheese Pizza Slice Salad Banana	Turkey and Cheese on a Whole Grain Bun* Baby Carrots Pineapple
Mac and Cheese* Mixed Vegetables Peaches	Taco Hot Dish* Salad Fruit Cocktail	Turkey Gravy Whole Grain Bread* Mashed Potatoes Apple	Chicken Lo Mein* Peas and Carrots Cantaloupe	Sloppy Joes Whole Grain Bun* Green Beans Banana
Chicken Penne Alfredo* Diced Carrots Pears	Meatball Sandwich Whole Grain Bun* Corn Apple Sauce			



Menus subject to change based on availability of items.

Menu items marked with (\*) are whole grain rich.