

OCTOBER 2023

Ethos Classical

LUNCH



School Information: Fall Break 9th-13th



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

M/MA-2.5oz Beef Hot Dog
G-2oz-WW Bun
V-3/4c -Baked Beans
F-1/2c -Mandarin Oranges
M-8oz -Low fat or skim milk

2

TUESDAY

M/MA- 3oz BBQ Chicken
WG-2oz Brown Rice
V-3/4 c Steamed Broccoli
F- 1/2 c Mixed Fruit
M-8oz- Low fat or skim

3

WEDNESDAY

M/MA/G- 5oz Baked Beef &
Cheese Ziti
WG-2oz Pasta
V-3/4 c Peas & Carrots
F-1/2 c Diced Pineapples
M-8oz -Low fat or skim milk

4

THURSDAY

M/MA- 3oz-Chicken Taco &
Shredded Cheese
G -2oz WG Tortilla
V-3/4 c Steamed Corn
F-1/2 c Applesauce
M-8oz -Low fat or skim milk

5

FRIDAY

M/MA/G- Turkey & Cheese
WW Bread
V-3/4 c Celery
F- 1/2 c Diced Pears
M- 8oz -Low fat or skim milk

6

No School

9

No School

10

No School

11

No School

12

No School

13

NO SCHOOL

16

M/MA-5oz- Baked Spaghetti
w/ Beef
G-2oz WW Pasta
V-3/4 c Steamed corn
F- 1/2c- Peach Quick Crisp
M-8oz -Low fat or skim

17

M/MA-3oz -Cheese
Quesadillas
WG-2oz Tortilla
V-3/4c -Pinto Beans
F-1c Fresh Apple
M-8oz -Low fat or skim milk

18

M/MA/G- 3.5 oz Beef Corn
Dogs
G- 1oz Breeding
V-3/4c Sweet Potato Fries
F- 1/2c Tropical Fruit
M- 8oz Low fat or skim milk

19

M/MA-3oz Grilled Chicken
Pasta Salad
G-2oz WW Pasta
V-3/4c Baby Carrots
F-1/2c Diced Pineapples
M-8oz -Low fat or skim milk

20

M/MA-3oz Hamburger
G- 2oz WW Bun
V- 3/4 c Steak Fries
F- 1/2 c Peaches
M-8oz -Low fat or skim milk

23

M/M- 3oz Turkey Meatballs
w/Gravy
G-2oz Wheat Roll
V- 3/4c Mixed Vegetables
F- 1/2 c Mixed Fruit
M-8oz- Low fat or skim

24

M/MA-3oz Rotisserie Baked
Chicken
G- 2oz Brown Rice
V- 3/4 c Green Beans
F- 1/2 c Diced Pears
M-8oz -Low fat or skim milk

25

M/MA-5oz -Baked
Beefaroni w/ Cheese
G-2oz- WW Pasta
V-3/4c -Steamed Glazed
Carrots
F-1/2 c- Tropical Fruit
M-8oz -Low fat or skim milk

26

M/MA-3oz -Grilled Chicken
Wrap
G-2oz- WW Tortilla
V-1/2c lettuce
V- 1/2c Pickle Chips
F-1/2c -Chilled Peaches
M-8oz -Low fat or skim milk

27

M/MA/ 5oz -Macaroni &
Cheese
G-4oz WW Pasta
V-3/4c Green Beans
F-1/2 c Applesauce
M-8oz -Low fat or skim milk

30

M/MA- 3oz Teriyaki Chicken
G-2oz- Fried Brown Rice
V-3/4c Asian Blend
Vegetables
F- 1/2 c Tropical Fruit
M-8oz- Low fat or skim

31

