



October 2023

Frontenac Schools Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
2 Corn Dog Tri Tater Fresh Broccoli w/Ranch Diced Pears Chicken Sandwich Line	3 Chili/Cheese Totchos Cucumber Coins w/Ranch Tropical Fruit Snickerdoodle Cookie	4 Cheesy Garlic Pull Apart Bread w/ Marinara Green Beans Sliced Peaches	5 Chili Baby Carrots Applesauce Cinnamon Roll	6 Pizza Hut Pizza Corn Mandarin Oranges Cookie
9 Beef & Bean Burrito Salsa Corn Pineapple Chunks Hot Dog Line	10 Chicken Strips Mac & Cheese Green Beans Mandarin Oranges	11 Cheeseburger Lettuce/Tomato Cucumber Coins Fries Diced Pears	12 Brunch: Biscuit & Gravy Tri Tator Baby Carrots Sausage Patty Tropical Fruit	13 Pizza Hut Pizza Fresh Broccoli w/Ranch Sliced Peaches Cookie
16 No School Hamburger Line	17 Bosco Sticks Marinara Sauce Garden Salad Diced Pears	18 BBQ Pulled Pork Sandwich Sweet Potato Fries Baked Beans Peaches	19 Chicken Noodles Mashed Potatoes Green Beans Rosy Applesauce Roll	20 Pizza Hut Pizza Broccoli Florets w/Ranch Tropical Fruit Cookie
23 BBQ Rib Sandwich Baked Beans Sweet Potato Tots Diced Pears Chicken Sandwich Line	24 Taco Crunch Lettuce/Tomato Seasoned Black Beans Pineapple Chunks Cinnamon Roll	25 Lasagna Roll Up Green Beans Garlic Breadstick Mixed Fruit	26 Pizza Hut Pizza Corn Sliced Peaches October Birthday Cake 	27 NO SCHOOL
30 Chicken & Cheese Quesadilla Corn Cucumber Coins w/Ranch Pineapple Chunks Hot Dog Line	31 Rigatoni w/meat sauce Breadstick Salad Sliced Peaches			ALL MEALS ARE SUBJECT TO CHANGE ALL MEALS SERVED WITH JUICE & MILK