

OCTOBER 2023

JPMS

LUNCH



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

Chicken Alfredo
Vegetable
Breadsticks

2

TUESDAY

Italian Dunkers
Dipping Sauce
Side Kicks Fruit Cups
Glazed Carrots

3

WEDNESDAY

Chicken Fajita Wrap
Seasoned Corn
Apple Sauce

4

THURSDAY

Grilled Cheese Tomato
Soup
Green Beans
Peaches

5

FRIDAY

Pizza
California Vegetable
Blend Fruit Salad

6

9

NO SCHOOL

Loaded Fries
Corn
Mandarin Oranges

10

Pork Rib Sandwich
Vegetable Blend
Potato Wedges
Apple Slices

11

Chicken Noodle Soup
Saltines
Peaches

12

Corn Dog
Side Salad
Broccoli
Pears

13

Chicken Sandwich
Green Beans
fruit

16

Mac & Cheese
Dinner Roll
Winter Blend Veggies
Mandarin Oranges

17

Walking Tacos
Mixed Vegetables
Apple Sauce
Churros

18

Popcorn Chicken Bowl
Fruit cup

19

Cheese Calzone
Peas
Fruit

20

Goulash
Mixed Vegetables
applesauce

23

Pancake Sausage
Roasted Potatoes
Mandarin Oranges

24

Meatball Sub
Seasoned Vegetables
Applesauce

25

Chicken Quesadilla
Seasoned Corn Fruit
Cup Fruit Churro

26

Chicken Tenders
Fries
Carrots
Fruit Cup

27

Hot Dog w/Toppings
Baked Beans
Pineapple cup

30

General Tso's Chicken
Rice Spinach Salad
Cooked Broccoli
Sidekicks Fruit Cup

31

