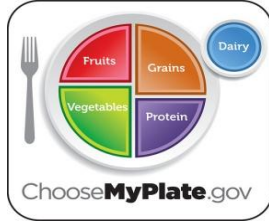


October 2023

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Pizza Monday please contact CCA Office	<u>Beef Nachos</u> or <u>Chicken Flautas</u> - Beans -Side Salad -Fruit -Water	<u>Tamales</u> or <u>Chicken Nuggets</u> -Tater Tots -Side Salad w/ ranch -Fruit -Water	<u>Beefaroni</u> or <u>Chicken Fideo Soup</u> -Premium Sea salted Crackers -Side Salad -Fruit -Water	<u>Hot Dogs</u> or <u>Turkey Sandwich</u> -Baby Carrots -chips -Fruit -Water
Monday 9	Tuesday 10	Wednesday 11	Thursday 12	Friday 13
Pizza Monday please contact CCA Office	<u>Chicken Quesadilla</u> or <u>Beef & Bean Burritos</u> -Side Rice -Side Salad -Fruit -Water	<u>Spaghetti & Meatballs</u> or <u>Pepperoni Hot pocket</u> -Side of Veggies -Fruit -Water	<u>Chicken Tenders</u> or <u>Corn Dog</u> -Mac & Cheese -Side of Veggies -Fruit -Water	<u>Hamburger</u> or <u>Chicken burger</u> -Baby Carrots w/ ranch -Chips -Fruit -Water
Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
Pizza Monday please contact CCA Office	<u>Tamales</u> or <u>Chicken Nuggets</u> -Tater Tots -Side Salad w/ ranch -Fruit -Water	<u>Beef & Cheese Enchiladas</u> or <u>Chicken Flautas</u> -Rice -Side Salad -Fruit -Water	<u>Beefaroni</u> or <u>Chicken Fideo Soup</u> -Premium Sea salted Crackers -Side Salad -Fruit -Water	<u>Corn Dogs</u> or <u>Hot Dogs</u> --Baby Carrots w/ ranch -Chips -Fruit -Water
Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27
Pizza Monday please contact CCA Office	<u>Beef & Bean Burritos</u> or <u>Chicken Quesadilla</u> -Beans -Side Salad w/ ranch -Fruit -Water	<u>Chicken Tenders</u> or <u>Cheese Sticks w/Marinara Sauce</u> -Mac & Cheese -Side of Veggies -Fruit -Water	<u>Spaghetti & Meatballs</u> or <u>Pepperoni Hot pocket</u> Side of Veggies -Fruit -Water	<u>Sloppy Joes</u> or <u>Chicken Burger</u> -Baby Carrots -Chips -Fruit -Water
Monday 30	Tuesday 31			
Pizza Monday please contact CCA Office	<u>Beefaroni</u> or <u>Chicken Fideo Soup</u> -Premium Sea salted Crackers -Side Salad -Fruit -Water	*Each plate contains the required servings of each food group and meet requirements based on USDA Dietary Guidelines.	 Choose MyPlate .gov	*Menu changes may occur due to manufacture shortages or unprecedented event

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