

# OCTOBER 2022

Valley K-12

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal & Yogurt <b>3</b> Taco Snack & Corn	Stuffed Bagel & Yogurt <b>4</b> Chicken or fish Sandwich & fries	Breakfast Burrito <b>5</b> <i>Taste of Washington Day</i> Homemade Chili w/Olsen Farm Beef Cinnamon Rolls from the Bread Box	Breakfast Pizza <b>6</b> Chef Salad & Breadstick	Muffin & Yogurt <b>7</b> PB&J w/ Nachos
Cereal & Yogurt <b>10</b> Corn Dog & Baked Beans	Bagel & Cream Cheese <b>11</b> Hamburger or Hot Dog & fries	Granola & Yogurt <b>12</b> Chicken Vegetable Soup & Grilled Cheese	Pancake on a Stick <b>13</b> Taco Salad & Corn Muffin	Cinnamon Roll & Cereal <b>14</b> Pizza Ripper & Salad
Cereal & Yogurt <b>17</b> Mandarin Chicken & Rice	Smoothie & Poptart <b>18</b> Sloppy Joe & Green Beans	Stuffed Bagel & Yogurt <b>19</b> KFC Bowl & ROLL	Breakfast Burrito <b>20</b> Biscuits & Gravy	Muffin & Yogurt <b>21</b> Turkey or Tuna Sandwich Baked Beans & Chips
Cereal & Yogurt <b>24</b> Mac N Cheese & Mini Corndog's	Mini Pancakes & Yogurt <b>25</b> Chicken Nuggets & Mashed Potatoes	Maple Bar & Cereal <b>26</b> Spaghetti & Breadstick	Bagel & Cream Cheese <b>27</b> Pizza & Salad	Pancake on a Stick <b>28</b> Bean & Cheese Burrito
Cereal & Yogurt <b>31</b> Tomato Soup & Grilled Cheese				



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