

OCTOBER 2023

Concordia high school

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| Cheeseburger French fries Baked beans Fruit | Beef Nachos shredded lettuce salsa fruit | Breaded pork steak Mashed Potatoes Corn Fruit Milk | Chicken nuggets Mac & cheese Green beans Fruit | Cheesy Italian Bread 6 Salad Fruit Dessert |
| NO SCHOOL | Burrito Black beans Salsa Fruit Milk | Popcorn chicken Mashed potatoes Corn Fruit | Meatball Sub Confetti Fries Fruit Milk | Cheese Pizza Salad Fruit Dessert |
| Chicken Patty Sandwich 6 Fries Baby Carrots Fruit Milk | Chicken Quesadilla Spanish rice Corn Fruit Milk | Pulled Pork Sandwich 18 Chips Baked Beans Fruit Milk | Honey sriracha chicken 9 Rice Carrots Fruit Milk | Pepperoni Pizza Salad Fruit Milk Dessert |
| Corn Dog Nacho's Baby Carrots Fruit Milk | Soft taco's Refried beans Cilantro lime rice Fruit Milk | Turkey tetrazzini Green beans Roll Fruit Milk | Chicken Nuggets Tater tots peas & carrots Fruit Milk | NO SCHOOL |
| Chicken Alfredo Green Beans Breadstick Fruit Milk | Walking taco Corn Fruit Milk Cookie | | | |