

OCTOBER 2022

Karnack Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Cereal /PB&J3 Cheese Stick 100% Fruit Juice Fresh Fruit Variety of Milk	Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Honey Bun/Sausage 100% Fruit Juice Fresh Fruit Variety of Milk	Egg/Bacon/Pancakes 100% Fruit Juice Fresh Fruit Variety of Milk	Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
Columbus Day!	Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Honey Bun/Sausage 100% Fruit Juice Fresh Fruit Variety of Milk	Chicken/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
Student Holiday!	Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Muffins/Sausage 100% Fruit Juice Fresh Fruit Variety of Milk	Egg/Bacon/Pancakes 100% Fruit Juice Fresh Fruit Variety of Milk	Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
Whole Grain Cereal /PB <mark>&24</mark> Cheese Stick 100% Fruit Juice Fresh Fruit Variety of Milk	Sausage/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Muffins/Sausage 100% Fruit Juice Fresh Fruit Variety of Milk	Chicken/Biscuit 100% Fruit Juice Fresh Fruit Variety of Milk	Breakfast Pizza 100% Fruit Juice Fresh Fruit Variety of Milk
Whole Grain Cereal /PB&\\ Cheese Stick 100% Fruit Juice Fresh Fruit Variety of Milk				

This institution is an equal opportunity provider.





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Monday	Tuesday	Wednesday	Thursday	Friday
Mandarin Orange Chicken/Rice Broccoli/Cheese Glazed Carrots Applesauce Variety of Milk	Walking Dorito Taco/Salsa Lettuce/Tomato Cups Refried Beans Steamed Corn Diced Peaches Variety of Milk	Turkey Roast/Breaded Beef Patty Wheat Rolls Mashed Potatoes/ Gravy Green Beans Mandarin Oranges Variety of Milk	Chicken Sandwich/Burger Salad Tater Tots Ranch Beans Carrots/Ranch Mixed Fruit Variety of Milk	Hamburgers/Burger Salad PB&J Sandwich Oven Fries Celery Sticks/Ranch Side Kick Variety of Milk
Columbus Day!	Chicken Fajitas/Salsa Lettuce & Tomato Cup Refried Beans Steamed Corn Diced Peaches Variety of Milk	Salisbury/ Hamburger Steak Wheat Rolls Mashed Potatoes/ Gravy Green Beans Mandarin Oranges Variety of Milk	Chili Dogs/Fritos Pie Carrots/ Ranch Green Peas Tater Tots Mixed Fruit Variety of Milk	Pepperoni Pizza PB&J Sandwich Oven Fries Celery Sticks/Ranch Side Kick Variety of Milk
Student Holiday!	Crispitos Garden Salad/Salsa Refried Beans Steamed Corn Diced Peaches Variety of Milk	Steak Fingers/Chicken Nuggets O Wheat Rolls Mashed Potatoes/ Gravy Green Beans Mandarin Oranges Variety of Milk	Beefy Macaroni/Garlic Bread 20 Ranch Beans Carrots/Ranch Garden Salad Mixed Fruit Variety of Milk	Hamburgers/Burger Salad PB&J Sandwich Oven Fries Celery Sticks/Ranch Side Kick Variety of Milk
BBQ Rib Patty BBQ Baked Chips BBQ Baked Beans Carrots/Ranch Applesauce Variety of Milk	Beefy Taco/Salsa Lettuce & Tomato Cup Refried Beans Steamed Corn Diced Peaches Variety of Milk	Chicken Strips Catfish Strips/Bread Tater Tots Green Beans Mandarin Oranges Variety of Milk	Corn Dog Oven Fries Ranch Beans Garden Salad Mixed Fruit Variety of Milk	Turkey/Cheese Sandwich PB&J Sandwich Baked Chips Celery Sticks/Ranch Side Kick Variety of Milk
Mandarin Orange Chicken/Rice Broccoli/Cheese Glazed Carrots Applesauce Halloween Cup Cakes Variety of Milk				