# October 2022 Lunch
# Sharon-Mutual High School

KEYSTONE
FOOD SERVICE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| 3<br>Pizza Pasta<br>Garlic Knot<br>Green Beans<br>Side Salad<br>Peaches<br>Milk | 4<br>Beef Nacho<br>Bar<br>Chili Beans<br>Apples<br>Milk | 5<br>Hot Dog<br>French Fries<br>Side Salad<br>Applesauce<br>Milk | 6<br>Chicken Spaghetti<br>Garlic Knot<br>Italian Salad<br>Baby Carrots<br>Peaches<br>Milk | 7<br>BBQ Pulled Pork<br>Sandwich<br>Baked Beans<br>Coleslaw<br>Fruit<br>Milk |
| 10<br>Pig in a Blanket<br>Loaded Mashed<br>Potatoes<br>Green Beans<br>Side Salad<br>Peaches<br>Milk | 11<br>Chicken Taco<br>Refried Beans<br>Chips and Salsa<br>Apples<br>Milk | 12<br>Ham and Cheese Melt<br>Garden Salad<br>Cucumber Slices<br>Baby Carrots<br>Ranch Dressing<br>Fruit<br>Milk | 13 | 14 |
| 17<br>Popcorn Chicken<br>Mashed Potatoes &<br>Gravy<br>Side Salad<br>Dinner Roll<br>Peaches<br>Milk | 18<br>Personal Pizza<br>Baby Carrots<br>Side Salad<br>Applesauce<br>Milk | 19<br>Pork Loin<br>Dinner Roll<br>Mashed Potatoes<br>Green Beans (6oz)<br>Fruit<br>Milk | 20<br>Mexican Pizza<br>Mexican Salad<br>Baby Carrots<br>Peaches<br>Milk | 21<br>Breaded Chicken<br>Sandwich<br>Baked Beans<br>Side Salad<br>Applesauce<br>Milk |
| 24<br>Spaghetti and Meat<br>Sauce<br>Breadstick<br>Green beans<br>Side Salad<br>Peaches<br>Milk | 25<br>Taco Soup<br>Chili Beans<br>Chips & Salsa<br>Apples<br>Milk | 26<br>Ham or Cheeseburger<br>Pocket<br>Garden Salad<br>Baby Carrots<br>Fruit<br>Milk | 27<br>Pulled Pork<br>Loaded Baked Potato<br>Dinner Roll<br>Side Salad<br>Peaches<br>Milk | 28<br>Pizza Bar<br>Baby Carrots<br>Cucumber Slices<br>Ranch dressing<br>Applesauce<br>Milk |
| 31<br>Biscuits & Gravy<br>Sausage Patty<br>Scrambled Eggs<br>Breakfast Potatoes (2)<br>Peaches<br>Milk | 1 | 2 | 3 | 4 |

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