



OCTOBER 2022

CTCS MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Cheese Baby Carrots Dried Cherries	4 Cheeseburger Celery Sticks Orange Slices	5 Chicken Poppers Cucumbers Sliced Peaches	6 Chicken Sandwich Cherry Tomatoes Banana	7 Pepperoni Pizza Rippers Baby Carrots Mango Applesauce Cup
10 Chicken & Waffles Baby Carrots Dried Cherries	11 Spaghetti & Meat Sauce Celery Sticks Fresh Pineapple Wedges	12 Chicken Nuggets Sweet Corn Local Fruit	13 Cheese Zombie Broccoli Sidekick	14 No School
17 Cheese Rippers & Marinara Baby Carrots Local Peach	18 Chicken Alfredo Cherry Tomatoes Orange Slices	19 Popcorn Chicken Cucumber Sliced Peaches	20 Turkey Gravy & Potatoes Green Beans Banana	21 Pepperoni Pinwheel Baby Carrots Mango Applesauce Cup
24 Bean & Cheese Burrito Baby Carrots Grapes	25 Chicken Teriyaki Bowl Celery Sticks Fresh Pineapple Wedges	26 Chicken Strips Cucumber Coins Sliced Pears	27 Chicken Sandwich Broccoli Nectarine	28 Pizza Pocket Baby Carrots Strawberry Apple Sauce Cup
31 Grilled Cheese Baby Carrots Strawberry Frozen Cup				



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