

COTW October Lunch Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meaty Sloppy Joes on WG Bun Mashed Sweet Taters Fruit Milk	3 Bold Beef Nachos w/Salsa Protein Packed Refried Beans Fruit Milk	4 Kickin' Chicken Nuggets Cheezits Parmesan Corn Fruit Milk	5 Lasagna Roll Up w/Homemade Meat Sauce Garlic Breadstick Italian Style Summer Squash Fruit Milk	6 Local KC Pizza Crunchy Chips Side Salad w/Cucumbers Fruit Milk
9 Pretzel Dog Creamy Mac n Cheese Soft Caramelized Carrots Fruit Milk	10 Westport Flea Market Burger on a WG Bun Sunchips BBQ Baked Beans Fruit Milk	11 Crispy Chicken Strips Cheese Stick House Party Potatoes Fruit Milk	12 Soft Pretzel w/Cheese Dip Richs WG Roll Garlicky Green Beans Fruit Milk	13 NO SCHOOL
16 Warm Cheesy Breadstick w/Marinara Parmesan Chicken Bites Crunchy Carrots w/Ranch Fruit Milk	17 El Guapo Taco w/Salsa Mexi Rice Zesty Black Beans Fruit Milk	18 BBQ Chicken on WG Bun Creamy Mac n Cheese Punchin' Peas Fruit Milk	19 Mt. Smokey Meatballs over WG Pasta Garlic Breadstick Italian Cali Blend Fruit Milk	20 Local KC Pizza Crunchy Chips Side Salad w/Cucumbers Fruit Milk
23 Lip-Smackin' Chicken Patty on a WG Bun Mashed Sweet Potatoes Fruit Milk	24 Tasty Burrito w/Picante Sauce Tostito Chips w/Salsa Bad Bandit Beans Fruit Milk	25 Joe's Famous Bowl (Chicken, Cheese, & Corn over Gravy Mashed Potatoes) Roll Fruit Milk	26 NO SCHOOL	27 NO SCHOOL
30 Filling Pepperoni Pinwheel Candied Yams Fruit Milk	31 Bold Beef Nachos w/Salsa Protein Packed Refried Beans Fruit Milk			

Two varieties of milk served at each meal service

This institution is an equal opportunity provider