

October 2023

Gore ES

Breakfast October 2023



Mon, 10 /2	Tue, 10 /3	Wed, 10 /4	Thu, 10 /5	Fri, 10 /6
Pancake Scrambled Eggs or Cereal & Toast Fruit Juice Milk	Breakfast Burrito or Cereal & Toast Fruit Juice Milk	Donut or Cereal & Toast Fruit Juice Milk	Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Biscuit & Chocolate Gravy or Cereal & Toast Fruit Juice Milk
Cinnamon Toast Yogurt or Cereal & Toast Fruit Juice Milk	Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Pancakes & Toppings or Cereal & Toast Fruit Juice Milk	Muffin or Cereal & Toast Fruit Juice Milk	Biscuit & Gravy or Cereal & Toast Fruit Juice Milk
Oatmeal Cinnamon Toast or Cereal & Toast Fruit Juice Milk	Donut or Cereal & Toast Fruit Juice Milk	No School	No School	No School
Pancake on a Stick or Cereal & Toast Fruit Juice Milk	Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Cinnamon Roll or Cereal & Toast Fruit Juice Milk	Muffin or Cereal & Toast Fruit Juice Milk	Biscuit & Sausage Gravy or Cereal & Toast Fruit Juice Milk
Cinnamon Toast Yogurt or Cereal & Toast Fruit Juice Milk	Donut or Cereal & Toast Fruit Juice Milk			

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Gore HS

Lunch October 2023

Mon, 10 /2	Tue, 10 /3	Wed, 10 /4	Thu, 10 /5	Fri, 10 /6
Chicken Nuggets Or Hamburger Steak & Brown Gravy Dinner Roll Green Beans Mashed Potatoes & Gravy Fruit Milk	Chicken Alfredo Or Ham & Cheese Melt Breadstick Green Beans Baby Carrots Fruit Milk	Calzone Or Chicken Wrap Baby Carrots Cucumber Slices Fruit Milk	Cheeseburger Or Corn Dog French Fries Baked Beans Fruit Milk	Beef Taco Or Pork Taco Refried beans Chips & Salsa Fruit Milk
Mon, 10 /9	Tue, 10 /10	Wed, 10 /11	Thu, 10 /12	Fri, 10 /13
Pig in a Blanket Or Popcorn Chicken Macaroni & Cheese Green Beans Side Salad Fruit Milk	Personal Pizza Or Chicken Spaghetti Italian Salad Baby Carrots Fruit Milk	Waffle and Syrup Scrambled Eggs Sausage Patty Or Cheeseburger Seasoned Potatoes Baby Carrots Fruit Milk	Breaded Chicken Sandwich Or Deli Wrap Tater Tots Side Salad Fruit Milk	Taco Soup Or Cheese Quesadilla Refried beans Chips & Salsa Fruit Milk
Mon, 10 /16	Tue, 10 /17	Wed, 10 /18	Thu, 10 /19	Fri, 10 /20
Corn Dog Or Ham & Cheese Melt French Fries Side Salad Fruit Milk	Chicken Wrap Or Chicken Alfredo Italian Salad Baby Carrots Breadstick Fruit Milk	No School	No School	No School
Mon, 10 /23	Tue, 10 /24	Wed, 10 /25	Thu, 10 /26	Fri, 10 /27
Grilled Cheese Or Pig in a Blanket Tomato Soup Tater Tots Fruit Milk	Pizza Or Chicken Wrap Caesar Salad Baby Carrots Fruit Milk	Chicken Spaghetti Or Hot Italian Sub Garlic Knot Green Beans Side Salad Fruit Milk	Cheeseburger Or Beef Hot Dog French Fries Side Salad Pudding Fruit Milk	Chicken Quesadilla Or Nacho Bar (Beef, Queso and Tortilla Chips) Refried beans Chips & Salsa Fruit Milk
Mon, 10 /30	Tue, 10 /31			
Glazed Ham Or Hamburger Steak & Brown Gravy Green Beans Dinner Roll Mashed Potatoes & Gravy Fruit Milk	Spaghetti & Meat Sauce Or Personal Pizza Italian Salad Baby Carrots Breadstick Fruit Milk			

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Mon, 10 /2	Tue, 10 /3	Wed, 10 /4	Thu, 10 /5	Fri, 10 /6
Pancake Scrambled Eggs Cinnamon Roll Fruit Juice Milk	Breakfast Burrito Muffin Fruit Juice Milk	Donut Sausage Biscuit Fruit Juice Milk	Scrambled Eggs Toast Or Poptart Fruit Juice Milk	Biscuit & Gravy or Cereal & Toast Fruit Juice Milk
Mon, 10 /9	Tue, 10 /10	Wed, 10 /11	Thu, 10 /12	Fri, 10 /13
Cinnamon Toast Yogurt Ham & Cheese Biscuit Fruit Juice Milk	Scrambled Eggs Toast or Cereal & Toast Fruit Juice Milk	Pancakes & Toppings Or Poptart Fruit Juice Milk	Muffin Ubr Bar Fruit Juice Milk	Biscuit & Sausage Gravy or Cereal & Toast Fruit Juice Milk
Mon, 10 /16	Tue, 10 /17	Wed, 10 /18	Thu, 10 /19	Fri, 10 /20
Oatmeal Cinnamon Toast Sausage Biscuit Fruit Juice Milk	Biscuit & Gravy or Cereal & Toast Fruit Juice Milk	No School	No School	No School
Mon, 10 /23	Tue, 10 /24	Wed, 10 /25	Thu, 10 /26	Fri, 10 /27
Pancake on a Stick or Cereal & Toast Fruit Juice Milk	Scrambled Eggs Toast Or Poptart Fruit Juice Milk	Cinnamon Roll or Cereal & Toast Fruit Juice Milk	Kolache Muffin Fruit Juice Milk	Biscuit & Chocolate Gravy or Cereal & Toast Fruit Juice Milk
Mon, 10 /30	Tue, 10 /31			
Cinnamon Toast Yogurt Ham & Cheese Biscuit Fruit Juice Milk	Donut or Cereal & Toast Fruit Juice Milk			

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Lunch October 2023

Mon, 10 /2	Tue, 10 /3	Wed, 10 /4	Thu, 10 /5	Fri, 10 /6
Chicken Nuggets Mashed Potatoes & Gravy Dinner Roll Green Beans Fruit Milk	Chicken Alfredo Breadstick Caesar Salad Baby Carrots Fruit Milk	Calzone Baby Carrots Cucumber Slices Fruit Milk	Cheeseburger French Fries Baked Beans Fruit Milk	Beef Taco Refried beans Chips & Salsa Fruit Milk
Mon, 10 /9 Pig in a Blanket Macaroni & Cheese Green Beans Side Salad Fruit Milk	Tue, 10 /10 Personal Cheese Pizza Italian Salad Baby Carrots Fruit Milk	Wed, 10 /11 Waffle and Syrup Scrambled Eggs Sausage Patty Seasoned Potatoes Baby Carrots Fruit Milk	Thu, 10 /12 Breaded Chicken Sandwich Tater Tots Side Salad Fruit Milk	Fri, 10 /13 Taco Soup Refried beans Chips & Salsa Fruit Milk
Mon, 10 /16 Corn Dog French Fries Side Salad Fruit Milk	Tue, 10 /17 Pizza Pasta Italian Salad Baby Carrots Breadstick Fruit Milk	Wed, 10 /18 No School	Thu, 10 /19 No School	Fri, 10 /20 No School
Mon, 10 /23 Grilled Cheese Tomato Soup Tater Tots Fruit Milk	Tue, 10 /24 Pizza Caesar Salad Baby Carrots Fruit Milk	Wed, 10 /25 Chicken Spaghetti Green Beans Side Salad Garlic Knot Fruit Milk	Thu, 10 /26 Cheeseburger French Fries Side Salad Fruit Milk	Fri, 10 /27 Chicken Quesadilla Refried beans Chips & Salsa Fruit Milk
Mon, 10 /30 Glazed Ham Mashed Potatoes & Gravy Dinner Roll Green Beans Fruit Milk	Tue, 10 /31 Spaghetti & Meat Sauce Breadstick Italian Salad Baby Carrots Fruit Milk			

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