






QJHS October 2022

<p>3 Cinni Mini's or Cereal Milk, Juice, & Fruit</p> <p>Spicy Chicken Patty</p> <p>Rib-B-Que on Bun</p> <p>French Fries</p> <p>Coleslaw</p> <p>Fruit Variety</p> <p>Milk</p>	<p>4 Chicken Sausage & Cheese Slider or Cereal Fruit, Juice, & Milk</p> <p>Tacos</p> <p>Rib-B-Que on Bun</p> <p>Taco Beans</p> <p>Salad/Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p>	<p>5 Bagel & Cream Cheese or Cereal Fruit, Juice & Milk</p> <p>Chicken Tenders</p> <p>Rib-B-Que on Bun</p> <p>Baked Potato</p> <p>Green Beans</p> <p>Fruit Variety</p> <p>Milk</p>	<p>6 Mini Flap sticks or Cereal Milk, Fruit /Juice</p> <p>General Chicken</p> <p>Rib-B-Que on Bun</p> <p>Rice/ Mixed Vegetables</p> <p>Baby Tomato</p> <p>Fruit Variety</p> <p>Milk</p>	<p>7 Quincy Conference No School</p> 
<p>10 No School</p> 	<p>11 Mini Pancakes or Cereal Fruit Juice, Milk</p> <p>Four Cheese Garlic Bread</p> <p>Saucy Cheeseburger</p> <p>Glazed Carrots</p> <p>Marinara</p> <p>Fruit Variety</p> <p>Milk</p>	<p>12 Eggs/ Bacon/ Toast or Cereal Fruit Milk / Juice</p> <p>Chicken Nuggets</p> <p>Saucy Cheeseburger</p> <p>Green Beans</p> <p>Breadstick /Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p>	<p>13 Breakfast Pizza or Cereal Fruit Milk/Juice</p> <p>Chicken Nachos Supreme</p> <p>Saucy Cheeseburger</p> <p>Refried Beans/ Diced Tomatoes</p> <p>Baby Carrots/ Romaine Lettuce</p> <p>Fruit Variety</p> <p>Milk</p>	<p>14 Donut or Cereal Fruit/Juice/ Milk</p> <p>Calzones</p> <p>Saucy Cheeseburger</p> <p>Corn</p> <p>Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p>
<p>17 Mini Waffles or Cereal Fruit, Juice, & Milk</p> <p>Bar-B-Que Pork on Bun</p> <p>Chicken Patty on Bun</p> <p>Sweet Potato Fries</p> <p>Coleslaw</p> <p>Fruit Variety</p> <p>Milk</p>	<p>18 Sausage & Cheese Slider or Cereal Fruit Milk/Juice</p> <p>Wild Mike Bites</p> <p>Chicken Patty on Bun</p> <p>Mixed Vegetables</p> <p>Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p>	<p>19 Cocoa Bread or Cereal Fruit Milk/ Juice</p> <p>Boneless Chicken</p> <p>Chicken Patty on Bun</p> <p>Baked Beans / Cheese sticks</p> <p>Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p>	<p>20 Breakfast Tornado or Cereal Fruit Milk/ Juice</p> <p>Mostaccioli</p> <p>Chicken Patty on Bun</p> <p>Steamed Broccoli</p> <p>Garlic Toast/ Salad</p> <p>Fruit Variety</p> <p>Milk</p>	<p>21 French Toast & Sausage Cereal Fruit Milk/ Juice</p> <p>Sausage Pizza</p> <p>Chicken Patty on Bun</p> <p>Green Beans</p> <p>Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p>
<p>24 Apple Bites or Cereal Fruit Milk/ Juice</p> <p>Cheeseburger</p> <p>Tenderloin</p> <p>Potato Wedges</p> <p>Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p>	<p>25 Flap Sticks or Cereal Fruit Milk/Juice</p> <p>Four Cheese Garlic Bread</p> <p>Tenderloin</p> <p>Peas</p> <p>Fruit Variety</p> <p>Milk</p>	<p>26 Cinni Mini's or Cereal Fruit Milk/ Juice</p> <p>Chicken Tenders/Breadstick</p> <p>Tenderloin</p> <p>Corn</p> <p>Romaine Salad</p> <p>Fruit Variety</p> <p>Milk</p>	<p>27 Pop Tarts or Cereal Fruit Milk & Juice</p> <p>1/2 Day</p> 	<p>28 No School</p> 
<p>31 Yogurt & Muffin or Cereal Cereal Fruit Milk/ Juice</p> <p>Hot Dog/Chili</p> <p>Cheeseburger</p> <p>French Fries</p> <p>Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p> 	<p>1 Ham & Cheese Slider or Cereal Fruit Milk/ Juice</p> <p>Chicken Quesadilla</p> <p>Cheeseburger</p> <p>Taco Beans</p> <p>Romaine Salad/ Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p>	<p>2 Mini Pancakes or Cereal Fruit Milk/ Juice</p> <p>Chicken Bacon Twister</p> <p>Cheeseburger</p> <p>Salad</p> <p>Green Beans</p> <p>Fruit Variety</p> <p>Milk</p>	<p>3 Breakfast Pizza or Cereal Fruit, Milk, & Juice</p> <p>Chicken & Noodles</p> <p>Cheeseburger</p> <p>Corn/ Breadstick</p> <p>Baby Carrots</p> <p>Fruit Variety</p> <p>Milk</p>	<p>4 Pancakes & Sausage or Cereal Juice, Fruit, & Milk</p> <p>Wild Mikes Pizza</p> <p>Hamburger</p> <p>Cheesy Broccoli</p> <p>Baby Tomatoes</p> <p>Fruit Variety</p> <p>Milk</p>