


# The Academy October 2023

<p>2 <b>Milk, Juice, &amp; Fruit</b> Spicy Chicken Patty Smiley or Triangle Potato Coleslaw Fruit Variety Milk</p>	<p>3 <i>Chicken Sausage &amp; Cheese Slider</i> or Cereal Fruit, Juice, &amp; Milk <b>Tacos</b> Taco Beans/Jalapenos Baby Carrots/Lettuce Fruit Variety Milk</p>	<p>4 <i>Bagel &amp; Cream Cheese or Cereal</i> Fruit, Juice &amp; Milk <b>Chicken Tenders</b> Baked Potato Broccoli Fruit Variety Milk</p>	<p>5 <i>Cereal Bar or Cereal</i> Fruit, Juice, &amp; Milk  <b>1/2 DAY</b> </p>	<p>6  <b>Quincy</b> Conference No School</p>
<p>9  <b>COLUMBUS DAY</b> NO SCHOOL</p>	<p>10 <i>Cinn./Blueberry Loaf or Cereal</i> Fruit, Juice, Milk <b>Four Cheese Garlic Bread</b> Glazed Carrots Marinara Fruit Variety Milk</p>	<p>11 <i>Eggs/Bacon/ Toast or Cereal</i> Fruit Milk / Juice <b>Chicken Nuggets</b> Green Beans/Cheese Stick Salad Fruit Variety Milk</p>	<p>12 <i>Mini Flapsticks or Cereal</i> Fruit Milk/Juice <b>Mostaccioli</b> Corn Baby Carrots/Garlic Toast Fruit Variety Milk</p>	<p>13 <i>Donut or Cereal</i> Fruit/Juice/ Milk <b>Sausage Pizza</b> Baked Beans Spinach Salad Fruit Variety Milk</p>
<p>16 <i>Mini Waffles or Cereal</i> Fruit, Juice, &amp; Milk <b>Pony Shoe</b> French Fries Baby Carrots Fruit Variety Milk</p>	<p>17 <i>Sausage &amp; Cheese Slider or Cereal</i> Fruit/ Milk/Juice <b>Wild Mike Bites</b> Broccoli Salad Baby Carrots/Marinara Fruit Variety Milk</p>	<p>18 <i>Banana Bread or Cereal</i> Fruit Milk/ Juice <b>Chicken Bacon Ranch Wrap</b> Baked Beans Salad/Jalapenos Fruit Variety Milk</p>	<p>19 <i>Cinna Bun or Cereal</i> Fruit Milk/ Juice <b>General's Chicken</b> Rice/Mixed Vegetables Baby Carrots Fruit Variety Milk</p>	<p>20 <i>French Toast &amp; Sausage</i> Cereal Fruit Milk/ Juice <b>Cheese Pizza</b> Peas Baby Tomatoes Fruit Variety Milk</p>
<p>23 <i>Frudel or Cereal</i> Fruit Milk/ Juice <b>Grilled Chicken on Bun</b> Potato Wedges Baby Carrots Fruit Variety Milk</p>	<p>24 <i>Flapsticks or Cereal</i> Fruit Milk/Juice <b>Four Cheese Garlic Bread</b> Vegetable Medley Marinara Fruit Variety Milk</p>	<p>25 <i>Cinni Mini's or Cereal</i> Fruit Milk/ Juice <b>Chicken Tenders</b> Mashed Potato &amp; Gravy Romaine Salad Fruit Variety Milk</p>	<p>26 <i>Cereal Bar or Cereal</i> Fruit Milk &amp; Juice  <b>1/2 Day</b></p>	<p>27  <b>NO</b> School</p>
<p>30 <i>Yogurt &amp; Muffin or Cereal</i> Cereal Fruit Milk/ Juice <b>Hot Dog/Chili</b> Lattice Fries Baby Carrots Fruit Variety Milk</p>	<p>31 <i>Biscuits &amp; Gravy or Cereal</i> Fruit Milk/ Juice <b>Chicken Quesadilla</b> Taco Beans Romaine Salad/Salsa Fruit Variety Milk</p>	<p>1 <i>Mini Pancakes or Cereal</i> Fruit Milk/ Juice <b>Chicken Bacon Twister</b> Green Beans Romaine Lettuce Fruit Variety Milk</p>	<p>2 <i>Breakfast Pizza or Cereal</i> Fruit, Milk, &amp; Juice <b>Chicken Alfredo</b> Broccoli/ Breadstick Baby Carrots Fruit Variety Milk</p>	<p>3 <b>French Toast &amp; Sausage or</b> Cereal Juice, Fruit, &amp; Milk Pepperoni Pizza <b>Corn</b> Baby Tomatoes Fruit Variety Milk</p>

