

October 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1
2	3 Roasted Chicken - Congri Rice - Fresh Fruit - Milk	4 Pasta with Meat Sauce - Roll - Veggies -Fresh Fruit - Milk	5 Roasted Pork - Moro Rice - Plantains - Fresh Fruit - Milk	6 Arroz con Pollo - Green Beans - Fresh Fruit - Milk	7 Pizza - Green Salad - Fruit Snack - Milk	8
9	10 Herb Chicken - Moro Rice - Fresh Fruit - Milk	11 Spaghetti Bolognesa - Roll - Carrots - Fresh Fruit - Milk	12 Picadillo with Potatoes - WG Rice - Plantains - Fresh Fruit - Milk	13 Mac & Cheese - Mix Veg - Fresh Fruit - Milk	14 Pizza - Green Salad - Fruit Snack - Milk	15
16	17 BBQ Chicken - Moro Rice - Fresh Fruit - Milk	18 Beefaroni - Dinner Roll - Carrots - Fresh Fruit - Milk	19 Pepper Steak - Mashed Potatoes - Roll - Fresh Fruit - Milk	20 Imperial Rice - Mix Veg - Fresh Fruit - Milk	21 Pizza - Green Salad - Fruit Snack - Milk	22
23	24 Roasted Chicken - Congri Rice - Fresh Fruit - Milk	25 Pasta with Meat Sauce - Roll - Veggies -Fresh Fruit - Milk	26 Roasted Pork - Moro Rice - Plantains - Fresh Fruit - Milk	27 Arroz con Pollo - Green Beans - Fresh Fruit - Milk	28 Pizza - Green Salad - Fruit Snack - Milk	29
30	31 Herb Chicken - Moro Rice - Fresh Fruit - Milk	Notes				