



# OCTOBER 2023

## Belle Plaine CSD

This institution is an equal opportunity provider.

### Monday

Spaghetti & Meatballs  
Lettuce Salad  
Mandarin Oranges  
Cheesy Boat  
Chocolate Chip Cookie  
Milk  
Pizza Bagel, Fruit Smoothie

K-6 Popcorn Chicken, Potato Smiles  
7-12 M. Orange Chicken, Rice, Egg Roll  
Broccoli Florets  
Fortune Cookie, Pineapple Chunks  
7-12 Oriental Roll  
Milk  
Pancake on a Stick/Fruit Smoothie

Cheesy Pull A-part  
Marinara Sauce  
Cucumber Slices  
Fruit Gel  
Grandma's Cookies  
Milk  
Yogurt/Cereal/Fruit Smoothie

K-6 Mini Ravioli  
7-12 Stuffed Rigatoni  
Pizza Dippers/Marinara Sauce  
Steamed Broccoli, Lettuce Salad  
Mandarin Oranges  
Milk  
Mini Waffles, Smoothie

Chicken & Rice Soup  
Goldfish Crackers  
Garlic Stick  
Green Peas, Cucumber Slices  
Strawberries & Bananas  
Milk  
Yogurt, Mini Donuts, Fruit Smoothie

### Tuesday

Hard Shell  
Romaine Lettuce  
Tomatoes  
Pineapple Chunks  
Sugar Cookie  
Milk  
Cinnamon Bagel Bites/Vanilla Frosting

Chicken Alfredo  
Mashed Potatoes  
Peas  
Tropical Fruit Salad  
Dinner Roll  
Milk  
Strawberry Bagel Bites/Vanilla Frosting

Sun butter Uncrustable  
Carrot Sticks, Tomatoes  
Frozen Fruit Cup  
Cheetos  
9-12 Cheese Stick  
Milk  
Cini Mini/Vanilla Frosting

Hamburger/Bun  
6-12 Cheese Slice  
Potato Wedges, Baked Beans  
Pickle Spear  
Pineapple Chunks  
Milk  
Cinnamon Bagel Bites/Vanilla Frosting

Beef Fingers  
Potato Smiles  
Country Green Beans  
Grapes  
9-12 Dinner Roll  
Milk  
Apple Frudel/Frosting

### Wednesday

Cheesy Potatoes & Ham  
Green Peas  
Frozen Fruit Cup  
Sunshine Roll  
Milk  
Pancake/Sausage Link, Smoothie

Macaroni & Cheese  
Little Smokies  
Corn  
Cucumber Slices  
Apple Grape Salad  
Milk  
Apple Cinnamon Muffin/Fruit Smoothie

Breaded Chicken Sticks  
Waffle Fries  
Butternut Squash  
Strawberries & Bananas  
9-12 Oatmeal Bar  
Milk  
Cherry Frudel/Frosting/Fruit Smoothie

Beef & Noodles  
Mashed Potatoes  
Corn  
Grapes  
Dinner Roll  
Milk  
Biscuits & Gravy/Fruit Smoothie

### Thursday

Chili  
Goldfish Crackers  
Mandarin Oranges  
Cheese Bites  
Milk  
French toast Sticks/Sausage

K-6 Pizza Lunchable  
7-12 Pepperoni Pizza  
Pizza Dipper/Marinara Sauce  
Tomatoes  
Applesauce  
Milk  
French toast Sticks/Sausage Patty

Pancakes  
Sausage Links, Egg Patty  
Tri-Tater, Broccoli Florets, Orange Slices,  
Orange Juice  
Milk  
French toast Sticks/ Sausage Patty

Pizza Dippers/Marinara Sauce  
Celery & Carrot Sticks  
Apples/Caramel  
K-8 Fruit Roll Up  
9-12 -Fruit Gel, Fruit Snacks  
Milk  
French toast Sticks/Sausage Patty

### Friday

Pretzel Dog  
French Fries, Butternut Squash  
Cottage Cheese  
Watermelon  
9-12 Cheez-its  
Milk  
Long John

Grilled Chicken Breast/Bun  
Baked Beans  
Roasted Potatoes  
Grapes  
Applesauce Brownie  
Milk  
Long John

No School

Teriyaki Dippers  
French Fries  
Broccoli Florets  
Peaches  
Graham Crackers/Vanilla Frosting  
Milk  
Long John



Remember to fill out & return free & reduced applications. Your last year's benefits will discontinue on October 5, 2023.

All menus are subject to change.