

**Palmer**  
**Lunch (Traditional Lunch), October - 2022**

<b>3</b> <b>Monday</b>	<b>4</b> <b>Tuesday</b>	<b>5</b> <b>Wednesday</b>	<b>6</b> <b>Thursday</b>	<b>7</b> <b>Friday</b>
<p><b>ENTREE</b> Mac &amp; Cheese Peanut Butter &amp; Jelly Sandwich WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b> Chilled Peas</p> <p><b>FRUIT</b> Blueberries-Frozen Green Grapes Peaches-Canned Pear</p>	<p><b>ENTREE</b> Cheese Quesadilla Chicken Quesadilla Yogurt Basket w/ Blueberry Muffin</p> <p><b>VEGETABLE</b> Cherry Tomatoes Refried Beans-Homemade</p> <p><b>FRUIT</b> Applesauce, Canned Cantaloupe Strawberries-Frozen Whole Peach</p>	<p><b>ENTREE</b> Peanut Butter &amp; Jelly Sandwich Penne Marinara Penne with Meat Sauce WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b> Garden Greens Salad</p> <p><b>FRUIT</b> Honeydew Pears-Canned-Diced Pineapple-Frozen Red Grapes</p>	<p><b>ENTREE</b> Black Bean Burger Crispy Chicken Sandwich Yogurt Basket with Cinnamon Pita Crisps</p> <p><b>VEGETABLE</b> Sweet Potato Tots</p> <p><b>FRUIT</b> Blueberries-Frozen Grapefruit Wedges Peaches-Canned Pear</p>	<p><b>ENTREE</b> Broccoli &amp; Cheese Baby Baked Potatoes Peanut Butter &amp; Jelly Sandwich Pulled BBQ Pork Sandwich WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b> Green Beans</p> <p><b>FRUIT</b> Applesauce, Canned Cantaloupe Strawberries-Frozen Whole Peach</p>
<b>10</b> <b>Monday</b>	<b>11</b> <b>Tuesday</b>	<b>12</b> <b>Wednesday</b>	<b>13</b> <b>Thursday</b>	<b>14</b> <b>Friday</b>
<p><b>ENTREE</b> Beef Nachos Cheese Nachos Yogurt Basket w/ Blueberry Muffin</p> <p><b>VEGETABLE</b> Refried Beans-Homemade Spicy Cucumber Coins</p> <p><b>FRUIT</b> Blueberries-Frozen Green Grapes Peaches-Canned Pear</p>	<p><b>ENTREE</b> Country Chicken Bowl Grilled Cheese Sandwich Peanut Butter &amp; Jelly Sandwich WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b> Sweet Pepper Strips</p> <p><b>FRUIT</b> Applesauce, Canned Cantaloupe Strawberries-Frozen Whole Peach</p>	<p><b>ENTREE</b> Homemade Cheese Pizza Homemade Pepperoni Pizza Peanut Butter &amp; Jelly Sandwich WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b> Cherry Tomatoes</p> <p><b>FRUIT</b> Honeydew Pears-Canned-Diced Pineapple-Frozen Red Grapes</p>	<p><b>ENTREE</b> Italian Sub Sandwich Italian Veggie Sub Sandwich Yogurt Basket with Cinnamon Pita Crisps</p> <p><b>VEGETABLE</b> Curly Fries</p> <p><b>FRUIT</b> Blueberries-Frozen Grapefruit Wedges Peaches-Canned Pear</p>	<p><b>ENTREE</b> Charro Beans Chicken Caliente Peanut Butter &amp; Jelly Sandwich WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b> Steamed Broccoli</p> <p><b>FRUIT</b> Applesauce, Canned Cantaloupe Strawberries-Frozen Whole Peach</p>
<b>17</b> <b>Monday</b>	<b>18</b> <b>Tuesday</b>	<b>19</b> <b>Wednesday</b>	<b>20</b> <b>Thursday</b>	<b>21</b> <b>Friday</b>
<p><b>ENTREE</b> Bean &amp; Cheese Burrito Beef &amp; Cheese Burrito Peanut Butter &amp; Jelly Sandwich WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b> Baby Carrots Street Corn</p> <p><b>FRUIT</b> Blueberries-Frozen Green Grapes Peaches-Canned Pear</p>	<p><b>ENTREE</b> Cheesy Bread Stick w/ Marinara K8 Yogurt Basket w/ Blueberry Muffin</p> <p><b>VEGETABLE</b> Cucumber Tomato Salad</p> <p><b>FRUIT</b> Applesauce, Canned Cantaloupe Strawberries-Frozen Whole Peach</p>	<p><b>ENTREE</b> Meat Lasagna Peanut Butter &amp; Jelly Sandwich Spinach Lasagna WOW Butter &amp; Jelly Sandwich (Peanut-Free)</p> <p><b>VEGETABLE</b> Garden Greens Salad</p> <p><b>FRUIT</b> Honeydew Pears-Canned-Diced Pineapple-Frozen Red Grapes</p>		
<b>24</b> <b>Monday</b>	<b>25</b> <b>Tuesday</b>	<b>26</b> <b>Wednesday</b>	<b>27</b> <b>Thursday</b>	<b>28</b> <b>Friday</b>
<b>31</b>				