

OCTOBER 2022

TOP SPANISH CATERING, INC

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Assorted Whole Grain Cereal Pears 3	Whole Grain Bagel Cream Cheese Cantaloupe 4	Whole Grain French Toast Turkey Bacon Apples 5	Fat Free Yogurt Granola Tangerines 6	NO SCHOOL 7
NO SCHOOL 10	NO SCHOOL 11	Whole Grain Pancake Turkey Bacon Pineapple 12	Whole Grain Bagel Cream Cheese 100% Fruit Juice 13	Whole Grain Banana Muffin Apple Sauce 14
Assorted Whole Grain Cereal Orange 17	Whole Grain Bagel Cream Cheese Fruit Salad 18	Fat Free Yogurt Granola 100% Fruit Juice 19	English Muffin with Turkey Ham and Cheese Apples 20	Whole Grain Blueberry Muffin Pears 21
Assorted Whole Grain Cereal Pears 24	Whole Grain Bagel Cream Cheese Apples 25	Whole Grain Pancake Turkey Bacon Cantaloupe 26	Whole Grain Blueberry Muffin 100% Fruit Juice 27	Fat Free Yogurt Granola Apple Sauce 28
Whole Grain Banana Muffin Oranges 31				

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
Whole Grain Chicken Drumstick Whole Grain Roll Baked Beans Apple Sauce 3	Beef Taco Taco Shells Corn Bananas 4	Spaghetti with Chicken Green Beans & Carrots Pears 5	Salisbury Steak Marinara Sauce Brown Rice Broccoli Apples 6	NO SCHOOL 7
NO SCHOOL 10	NO SCHOOL 11	Ground Beef Spanish Rice Broccoli & Carrots Banana 12	Cheeseburger on Whole Grain Bun Potatoes Oranges 13	Whole Grain Chicken Nuggets Whole Grain Roll Green beans Pears 14
Meatloaf Whole Grain Roll Mashed Potatoes Green Beans Apples 17	Chicken Taco Taco Shells Black Beans Bananas 18	Spaghetti & Meatballs Broccoli Pears 19	Spanish Rice with Chicken Carrots 100% Fruit Juice 20	Turkey Ham & Cheese Sandwich Romaine Lettuce & Tomato Salad Orange 21
Whole Grain Chicken Drumstick Whole Grain Roll Green Beans Apple Sauce 24	Chicken Teriyaki / Stir Fry Brown Rice Corn Tangerines 25	Beef Hot Dog Hot Dog Roll Baked Beans Bananas 26	Cheese Pizza Broccoli Pears 27	Chicken Patty Sandwich on Whole Grain Bun Sweet Potatoes Oranges 28
Cheeseburger on Whole Grain Bun Potatoes Pears 31				

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider

OCTOBER 2022 VEGETARIAN

TOP SPANISH CATERING, INC

Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian Patty 3 Whole Grain Roll Baked Beans Apple Sauce	Vegetarian Meat 4 Taco Taco Shells Corn Bananas	Vegetarian Meat 5 Spaghetti Green Beans & Carrots Pears	Rice and Beans 6 Broccoli Apples	NO SCHOOL 7
NO SCHOOL 10	NO SCHOOL 11	Spanish Rice with Vegetarian Meat 12 Broccoli & Carrots Bananas	Oven Baked Tofu Sandwich on Whole Grain Bun 13 Potatoes Oranges	Black Bean Patty 14 Whole Grain Roll Green beans Pears
Vegetarian Patty 17 Whole Grain Roll Mashed Potatoes Green Beans Apples	Vegetarian Meat Taco 18 Taco Shells Black Beans Bananas	Vegetarian Meat 19 Spaghetti Broccoli Pears	Spanish Rice with Tofu 20 Carrots 100% Fruit Juice	SunButter & Jelly Sandwich 21 Romaine Lettuce & Tomato Salad Oranges
Vegetarian Patty 24 Whole Grain Roll Green Beans Apple Sauce	Spanish Rice with Vegetarian Meat 25 Corn Tangerines	Tofu and Vegetable 26 Quesadilla Baked Beans Bananas	Cheese Pizza 27 Broccoli Pears	Black Bean 28 Patty Sandwich on Whole Grain Bun Sweet Potatoes Oranges
Vegetarian Patty on Whole Grain Bun 31 Potatoes Pears				

- All menus served with appropriate condiments and 1% Milk or Fat Free Milk.
- Menu subject to change.
- Daily fruit offered might change depending on availability.

This institution is an equal opportunity provider