

# August/September 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 <b>Early Dismissal No Lunch</b> 	30 <b>No Hot Lunch</b>	31 <b>No Hot Lunch</b>	1 <b>No Hot Lunch</b>	2 <b>No Hot Lunch</b>
5 <b>School Closed</b>	6 Penne Pasta with a choice of Meat Sauce, Marinara Sauce or Butter, Parmesan Cheese, Mixed Green Salad, Fresh Fruit	7 2 slices of Cheese Pizza from Potomac Pizza, and a side	8 Cheese Quesadilla, Rice, Mixed Green Salad, Fresh Fruit	9 Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit
12 Hamburger (with or without American cheese), Potato Chips, Mixed Green Salad, Double Chocolate Brownie	13 Cheese Tortellini, Garlic Bread, Mixed Green Salad, Brownie	14 2 slices of Cheese Pizza from Potomac Pizza, and a side	15 Macaroni & Cheese Mixed Green Salad Fresh Fruit	16 Beef Tacos (Soft Shells), Yellow Rice, Mixed Green Salad, Black Bean Soup, Brownie
19 Hot Dogs (with or without Chili), Potato Chips, Mixed Green Salad, Brownie	20 Spaghetti and Meatballs, Dinner Roll, Mixed Green Salad, Fresh Fruit	21 2 slices of Cheese Pizza from Potomac Pizza, and a side	22 Sloppy Joes, Potato Chips, Carrot Sticks with Ranch Dip, Fresh Fruit	23 Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit
26 Hamburger (with or without American cheese), Potato Chips, Mixed Green Salad, Double Chocolate Brownie	27 Penne Pasta with a choice of Meat Sauce, Marinara Sauce or Butter, Parmesan Cheese, Mixed Green Salad, Fresh Fruit	28 2 slices of Cheese Pizza from Potomac Pizza, and a side	29 Grilled Cheese Sandwich with Chicken Noodle Soup, Carrot Sticks with Ranch Dip, Fresh Fruit	30 Cheese Quesadilla, Rice, Mixed Green Salad, Fresh Fruit 

# October 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Beef Tacos (Soft Shells), Yellow Rice, Mixed Green Salad, Black Bean Soup, Brownie</p>	<p>4</p> <p>Cheese Tortellini, Garlic Bread, Mixed Green Salad, Brownie</p>	<p>5</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>	<p>6</p> <p>Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit</p>	<p>7</p> <p><b>Early Dismissal - No Lunch</b></p>
<p>10</p> <p><b>School Closed</b></p>	<p>11</p> <p>Spaghetti and Meatballs, Dinner Roll, Mixed Green Salad, Fresh Fruit</p>	<p>12</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>	<p>13</p> <p>Hot Dogs (with or without Chili), Potato Chips, Mixed Green Salad, Brownie</p>	<p>14</p> <p>Macaroni &amp; Cheese Mixed Green Salad Fresh Fruit</p>
<p>17</p> <p>Hamburger (with or without American cheese), Potato Chips, Mixed Green Salad, Double Chocolate Brownie</p>	<p>18</p> <p>Penne Pasta with a choice of Meat Sauce, Marinara Sauce or Butter, Parmesan Cheese, Mixed Green Salad, Fresh Fruit</p>	<p>19</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>	<p>20</p> <p>Cheese Quesadilla, Rice, Mixed Green Salad, Fresh Fruit</p>	<p>21</p> <p>Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit</p>
<p>24</p> <p>Meatball Sub, Mixed Green Salad, Carrot Sticks with Ranch Dip Chocolate Pudding</p>	<p>25</p> <p>Cheese Tortellini, Garlic Bread, Mixed Green Salad, Brownie</p>	<p>26</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>	<p>27</p> <p>Beef Tacos (Soft Shells), Yellow Rice, Mixed Green Salad, Black Bean Soup, Brownie</p>	<p>28</p> <p><b>School Closed</b></p>
<p>31</p>  <p><b>Early Dismissal - No Lunch</b></p>				

# November 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> Spaghetti and Meatballs, Dinner Roll, Mixed Green Salad, Fresh Fruit	<b>2</b> 2 slices of Cheese Pizza from Potomac Pizza, and a side	<b>3</b> Hamburger (with or without American cheese), Potato Chips, Mixed Green Salad, Double Chocolate Brownie	<b>4</b> Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit
<b>7</b> Penne Pasta with a choice of Meat Sauce, Marinara Sauce or Butter, Parmesan Cheese, Mixed Green Salad, Fresh Fruit	<b>8</b> <p style="text-align: center;"><b>School Closed</b></p>	<b>9</b> 2 slices of Cheese Pizza from Potomac Pizza, and a side	<b>10</b> Cheese Quesadilla, Rice, Mixed Green Salad, Fresh Fruit	<b>11</b> <p style="text-align: center;"><b>School Closed</b></p>
<b>14</b> <p style="text-align: center;"><b>School Closed</b></p>	<b>15</b> Cheese Tortellini, Garlic Bread, Mixed Green Salad, Brownie	<b>16</b> 2 slices of Cheese Pizza from Potomac Pizza, and a side	<b>17</b> Hot Dogs (with or without Chili), Potato Chips, Mixed Green Salad, Brownie	<b>18</b> Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit
<b>21</b> Spaghetti and Meatballs, Dinner Roll, Mixed Green Salad, Fresh Fruit	<b>22</b> <p style="text-align: center;"><b>Early Dismissal - No Lunch</b></p>	<b>23</b> <p style="text-align: center;"><b>School Closed</b></p>	<b>24</b> <p style="text-align: center;"><b>School Closed</b></p>	<b>25</b> <p style="text-align: center;"><b>School Closed</b></p>
				