




September 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p>  <p>School Closed</p>	<p>5</p> <p>Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit</p>	<p>6</p> <p>Cheese Quesadilla, Rice, Mixed Green Salad, Fresh Fruit</p>	<p>7</p> <p>Macaroni & Cheese Mixed Green Salad Fresh Fruit</p>	<p>8</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>
<p>11</p> <p>Penne Pasta with a choice of Meat Sauce, Marinara Sauce or Butter, Parmesan Cheese, Mixed Green Salad, Fresh Fruit</p>	<p>12</p> <p>Meatball Sub, Mixed Green Salad, Carrot Sticks with Ranch Dip Chocolate Pudding</p>	<p>13</p> <p>Hot Dogs (with or without Chili), Potato Chips, Mixed Green Salad, Brownie</p>	<p>14</p> <p>Pancakes, Breakfast Potatoes, Bacon, Fresh Fruit</p>	<p>15</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>
<p>18</p> <p>Cheese Tortellini, Garlic Bread, Mixed Green Salad, Brownie</p>	<p>19</p> <p>Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit</p>	<p>20</p> <p>Beef Tacos (Soft Shells), Yellow Rice, Mixed Green Salad, Black Bean Soup, Brownie</p>	<p>21</p> <p>Grilled Cheese Sandwich, Chicken Soup, Carrot Sticks with Ranch Dip, Fresh Fruit</p>	<p>22</p> <p>School Closed</p> 
<p>25</p> <p>Spaghetti and Meatballs, Dinner Roll, Mixed Green Salad, Fresh Fruit</p>	<p>26</p> <p>Steak & Cheese Sub, Potato Chips, Fresh Fruit</p>	<p>27</p> <p>Hamburger (with or without American cheese), Potato Chips, Mixed Green Salad, Double Chocolate Brownie</p>	<p>28</p> <p>Chicken Quesadilla, Rice, Mixed Green Salad, Fresh Fruit</p>	<p>29</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>

October 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Penne Pasta with a choice of Meat Sauce, Marinara Sauce or Butter, Parmesan Cheese, Mixed Green Salad, Fresh Fruit</p>	<p>3</p> <p>Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit</p>	<p>4</p> <p>Cheese Quesadilla, Rice, Mixed Green Salad, Fresh Fruit</p>	<p>5</p> <p>Macaroni & Cheese Mixed Green Salad Fresh Fruit</p>	<p>6</p> <p>Early Dismissal No Lunch</p>
<p>9</p> <p>School Closed</p>	<p>10</p> <p>Meatball Sub, Mixed Green Salad, Carrot Sticks with Ranch Dip Chocolate Pudding</p>	<p>11</p> <p>Hot Dogs (with or without Chili), Potato Chips, Mixed Green Salad, Brownie</p>	<p>12</p> <p>French Toast, Scrambled Eggs, Breakfast Potatoes, Fresh Fruit</p>	<p>13</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>
<p>16</p> <p>Cheese Tortellini, Garlic Bread, Mixed Green Salad, Brownie</p>	<p>17</p> <p>Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit</p>	<p>18</p> <p>Beef Tacos (Soft Shells), Yellow Rice, Mixed Green Salad, Black Bean Soup, Brownie</p>	<p>19</p> <p>Grilled Cheese Sandwich, Tomato Soup, Carrot Sticks with Ranch Dip, Fresh Fruit</p>	<p>20</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>
<p>23</p> <p>School Closed</p>	<p>24</p> <p>Sloppy Joe, Potato Chips Carrot Sticks with Ranch Dip Fresh Fruit</p>	<p>25</p> <p>Hamburger (with or without American cheese), Potato Chips, Mixed Green Salad, Double Chocolate Brownie</p>	<p>26</p> <p>Chicken Quesadilla, Rice, Mixed Green Salad, Fresh Fruit</p>	<p>27</p> <p>2 slices of Cheese Pizza from Potomac Pizza, and a side</p>
<p>30</p> <p>Spaghetti and Meatballs, Dinner Roll, Mixed Green Salad, Fresh Fruit</p>	<p>31</p> <p></p> <p>Early Dismissal No Lunch</p>			

November 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cheese Quesadilla, Rice, Mixed Green Salad, Fresh Fruit	2 Macaroni & Cheese Mixed Green Salad Fresh Fruit	3 2 slices of Cheese Pizza from Potomac Pizza, and a side
6 Penne Pasta with a choice of Meat Sauce, Marinara Sauce or Butter, Parmesan Cheese, Mixed Green Salad, Fresh Fruit	7 Chicken Quesadilla, Rice, Mixed Green Salad, Fresh Fruit	8 Hot Dogs (with or without Chili), Potato Chips, Mixed Green Salad, Brownie	9 Pancakes, Breakfast Potatoes, Bacon, Fresh Fruit	10 School Closed
13 School Closed	14 Chicken Tenders, Mashed Potatoes, Gravy, Vegetable, Fresh Fruit	15 Beef Tacos (Soft Shells), Yellow Rice, Mixed Green Salad, Black Bean Soup, Brownie	16 Grilled Cheese Sandwich with Chicken Noodle Soup, Carrot Sticks with Ranch Dip, Fresh Fruit	17 2 slices of Cheese Pizza from Potomac Pizza, and a side
20 Cheese Tortellini, Garlic Bread, Mixed Green Salad, Brownie	21 Early Dismissal No Lunch	22 School Closed	23 School Closed 	24 School Closed