




FCA Knights Lunch Table

October 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2	October 3	October 4	October 5	October 6
Turkey & Cheese Wrap Chips Fresh Veggies w/ Dip Pears Milk	Chicken Nuggets Smiles Peas Pineapple Milk	Chicken & Noodles Mashed Poatoes Green Beans Bread & Butter Peaches Milk	BBQ Pulled Pork Sand. Tater Tots Tossed Salad Fresh Fruit Milk	Pizza Fresh Veggies w/ Dip Corn Fruit Crisp Milk
October 9	October 10	October 11	October 12	October 13
Shredded Chicken Sand. Tater Tots Peas Mandarin Orages Milk	Cheeseburger on bun Chips Fresh Veggies w/ Dip Peaches Milk	School Dismissed (Profess. Teacher Day) 	School Dismissed Fair Day Enjoy!! 	School Dismissed Fair Day Enjoy!! 
October 16	October 17	October 18	October 19	October 20
French Toast Sticks Hashbrown Sausage links Fresh Fruit Milk	Ravioli Tossed Salad Breadstick Pineapple Milk	Salisbury Steak Mashed Potoatoes w/ Gravy Bread & Butter Green Beans Pears Milk	Sloppy Joe Sand. Tator Tots Peas Fresh fruit Milk	Pizza Fresh Veggies w/dip Corn Applesauce Milk
October 23	October 24	October 25	October 26	October 27
Fish Sand. Mac & Cheese Green Beans Pineapple Milk	Corn Dogs Smiles Tossed Salad Pears Milk	Tomato Soup Grilled Cheese Sand. Pickle Spear Sugar Cookie Peaches Milk	Hot dog w/ Coney Sauce Oven Baked Fries Fresh veggies w/ dip Jello w/ fruit Milk	Pizza Tossed Salad Peas Applesauce Milk
October 30	October 31	November 1	November 2	November 3
Shredd. Chicken Sand. Tater Tots Tossed Salad Pineapple Milk	Corn Dogs Cheesy Potatoes Peas Peaches Milk	Chicken & Noodles Mashed Potatoes Green Beans Bread & Butter Pears Milk	Cheeseburger Smiles Tossed Salad Mandarin Oranges Milk	Pizza Fresh Veggies w/ dip Corn Applesauce Milk