




September 2023

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

October 2023

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

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 