



"This institution is an equal opportunity provider"

# OCTOBER 2023

Van Buren County CSD (Secondary Center)

Menu is Subject to Change  
without Notice.

## Monday

Corn Dogs **2**  
Red Pepper Strips  
Cauliflower Blend  
with CH Sauce  
Fruit Milk

Walking Taco **9**  
Meat & Cheese  
Refried Beans  
Fruit Cauliflower  
Milk

**No School 16**

Cold Ham & Cheese **23**  
Sandwich (WG Bread)  
Veggie Soup  
Carrot & Celery Sticks  
Fruit Milk

**No School 30**

## Tuesday

Cheese Pizza WG **3**  
Corn Cucumbers Carrots  
Fruit  
Milk

BBQ Pulled Pork **10**  
On Bun  
Red Peppers Broccoli  
Fruit  
Milk

WG Goulash **17**  
WG Bread Stick  
Lettuce Tomatoes  
Fruit  
Milk

Beef Patty **24**  
With Brown Gravy  
WG Dinner Roll  
Mashed Potatoes  
Broccoli Fruit Milk

**NO PRE SCHOOL TODAY 31**  
Hot Chicken Fajita Wrap  
Meat & Cheese  
Peas Carrots  
Grain Snack Fruit Milk

## Wednesday

Chicken Nuggets **4**  
Bread and Margarine  
Yams Mix Veggies  
Fruit  
Milk

Cheese Burger **11**  
On Bun  
Fries Sliced Tomatoes  
Fruit  
Milk

Sausage Gravy **18**  
On Biscuit  
Hash brown Tomato Juice  
Fruit  
Milk

Macaroni & Cheese **25**  
Cooked Carrots  
Cauliflower  
Fruit Milk

## Thursday

WG Spaghetti Noodles **5**  
Red Meat Sauce  
Baked Beans Broccoli  
Fruit  
Milk

Crispito **12**  
Corn Lettuce  
Fruit  
Milk

Hot Dog **19**  
On Bun  
Chili Beans Potato Salad  
Fruit  
Milk

Chicken Patty **26**  
On Bun  
Green Beans Yams  
Fruit  
Milk

## Friday

Meat loaf **6**  
WG Dinner Roll  
Baked Potato Green Beans  
Fruit  
Milk

Maid Rite **13**  
On Bun  
Carrots Cucumbers  
Fruit  
Milk

**No School 20**

Soft Shell Taco **27**  
Meat & Cheese  
WG Cookie  
Refried Beans Red Peppers  
Fruit Milk



Fresh Fruits will be offered when available.  
All Milk offered is Fat Free Skim White or Chocolate.