

## OCTOBER 2024

Oswego City School District



Monday	Tuesday	Wednesday	Thursday	Friday
	No School	Cheeseburger (Burger <b>0g</b> , Cheese <b>1g</b> ) On a Bun <b>23g</b> Carrots <b>9g</b>	Mashed Potato Bowl (Popcorn Chicken 14g, Mashed Potatoes 17g, Gravy 4g, Cheddar 0g)  Corn 17g	Cheese Pizza <b>27g</b> Broccoli <b>5g</b>
Crispy Chicken Sandwich (Chicken Patty <b>12g</b> , Bun <b>23g</b> ) Carrots <b>9g</b>	Grilled Cheese <b>26g</b> & Tomato Soup <b>20g</b> Green Beans <b>4g</b>	Hot Dog <b>1g</b> On a Bun <b>26g</b> Baked Beans <b>45g</b>	Chicken Quesadilla With Salsa (Diced Chicken 0g, Tortilla 24g, Cheddar 0g, Salsa 4g) Corn 17g	Italian Dunkers (Hoagie Roll 28g, Mozzarella 3g, Spaghetti Sauce 12g)  Broccoli 5g
No School	Orange Chicken (Popcorn Chicken 14g, Orange Sauce 32.8g) "Veggie" Fried Rice 18g Carrots 9g	Pasta <b>45g</b> with Meatballs (Meatballs <b>3g</b> , Spaghetti Sauce <b>12g</b> )  Broccoli <b>5g</b>	Pulled Pork Sandwich (Pork <b>1.6g</b> , Bun <b>23g</b> )  Corn <b>17g</b>	Cheese Pizza <b>27g</b> Green Beans <b>4g</b>
Pasta Alfredo (Pasta <b>45g</b> , Alfredo Sauce <b>3g</b> ) with Popcorn Chicken <b>14g</b> Broccoli <b>5g</b>	Cook's Choice	Half Day - Bagged Lunch Turkey Sandwich (Turkey <b>5g</b> , Cheese <b>1g</b> , Sandwich Bread <b>24g</b> ) or Uncrustable (PB&J) <b>32g</b>	Half Day - Bagged Lunch Turkey Sandwich (Turkey <b>5g</b> , Cheese <b>1g</b> , Sandwich Bread <b>24g</b> ) or Uncrustable (PB&J) <b>32g</b>	Half Day - Bagged Lunch Turkey Sandwich (Turkey <b>5g</b> , Cheese <b>1g</b> , Sandwich Bread <b>24g</b> ) or Uncrustable (PB&J) <b>32g</b>
Chicken Parm Sandwich (Chicken Patty 12g, Spaghetti Sauce 12g, Mozzarella 3g, Bun 23g)  Broccoli 5g	Hot Ham 2g & Cheese 1g On a Pretzel Bun 29g  Corn 17g	Mini Corn Dogs <b>30g</b> Carrots <b>9g</b>	Meatball Sub (Meatballs 3g, Spaghetti Sauce 12g, Mozza- rella 3g, Hoagie Roll 28g)  Green Beans 4g	

Milk and fruit selection included with all meals – Menu subject to change without notice – "USDA is an Equal Opportunity Provider and Employer"

