






QJHS October 2024

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| <p>30 Yogurt & Muffin or Cereal Milk, Juice, & Fruit Slobby Joe Rib-B-Que on Bun Curly Fries Coleslaw Fruit Variety Milk</p> | <p>1 <i>Chicken Sausage & Cheese Sliders</i> or Cereal Fruit, Juice, & Milk Sweet & Sour Chicken Rib-B-Que on Bun Rice. Mixed Vegetables Baby Tomatoes Fruit Variety Milk</p> | <p>2 <i>Cinna Bun or Cereal</i> Fruit, Juice & Milk Chicken Nuggets Rib-B-Que on Bun Potato Triangle Green Beans Fruit Variety Milk</p> | <p>3 <i>Breakfast Pizza or Cereal</i> Fruit, Juice, & Milk Spaghetti Bake/Roll Rib-B-Que on Bun Corn Romaine Salad Fruit Variety Milk</p> | <p>4 <i>Pancake Sausage Sandwich</i> Cereal, Milk, Juice & Fruit DB Stuffed Pizza Rib-B-Que on Bun Baked Beans Baby Carrots Fruit Variety Milk</p> |
| <p>7 <i>Blueberry Bread or Cereal</i> Juice, Milk, & Fruit Roasted Pork on Bun Chicken Patty on Bun Sweet Potato Wedges Coleslaw Fruit Variety Milk</p> | <p>8 <i>Strawberry Bagel or Cereal</i> Fruit, Juice, Milk Four Cheese Garlic Bread Chicken Patty on Bun Vegetable Medley Marinara Fruit Variety Milk</p> | <p>9 <i>Eggs/ Bacon/ Toast or Cereal</i> Fruit Milk Juice Chicken Fingers Chicken Patty on Bun Green Beans Romaine Salad/Marinara Fruit Variety Milk</p> | <p>10 <i>Mini Flapsticks or Cereal</i> Fruit, Juice, Milk Tater Tot Casserole Chicken Patty on Bun Mixed Vegetables Sun Sipper Fruit Variety Milk</p> | <p>11 <i>Poptarts or Cereal</i> Fruit, Juice, & Milk 1/2 Day SCHOOL</p> |
| <p>14 </p> | <p>15 <i>Waffles or Cereal</i> Fruit/ Milk/Juice Wild Mike Bites, Marinara Saucy Cheeseburger on Bun Glazed Carrots Cherry Star Fruit Variety Milk</p> | <p>16 <i>Yogurt & Muffin or Cereal</i> Fruit, Milk, Juice Chicken Drumsticks Saucy Cheeseburger Broccoli w/ Cheese Romaine Salad/ Breadstick Fruit Variety Milk</p> | <p>17 <i>Pizza Bagel or Cereal</i> Fruit, Milk, Juice Beefy Nacho Supreme Saucy Cheeseburger on Bun Refried Beans Salsa/Lettuce/Jalapenos Fruit Variety Milk</p> | <p>18 <i>French Toast & Sausage or</i> Cereal Fruit, Milk, Juice Sausage Pizza Saucy Cheeseburger on Bun Peas Baby Tomatoes Fruit Variety Milk</p> |
| <p>21 <i>Mini Pancakes or Cereal</i> Fruit Milk Juice Corn Dog Tenderloin Lattice Fries Dragon Fruit Fruit Variety Milk</p>  | <p>22 <i>Biscuit & Gravy or Cereal</i> Fruit Milk/Juice Chicken Quesadilla Tenderloin Taco Beans/ Pepperoni Vegetable Medley Fruit Variety Milk</p> | <p>23 <i>Banana Bread or Cereal</i> Fruit Milk/ Juice Chicken Tenders Tenderloin Mashed Potato & Gravy Green Beans Fruit Variety Milk</p> | <p>24 <i>Breakfast Pizza or Cereal</i> Fruit Milk & Juice General Chicken Tenderloin on Bun Rice & Mixed Vegetables Romaine Salad Fruit Variety Milk</p> | <p>25 <i>Donut or Cereal</i> Fruit, Juice, & Milk Basco Sticks Tenderloin on Bun Marinara Broccoli Fruit Variety Milk</p> |
| <p>28 <i>Cinni Mini or Cereal</i> Cereal Fruit Milk Juice Hot Dog/Chili Cheeseburger Potato Wedges Baked Beans Fruit Variety Milk</p> | <p>29 <i>Sausage & Cheese Slider or Cereal</i> Fruit Milk Juice Chicken Alfredo Cheeseburger Corn Romaine Salad Fruit Variety Milk</p> | <p>30 <i>Frudel or Cereal</i> Fruit Milk Juice Chicken Bacon Twister Cheeseburger Glazed Carrots Lettuce, Baby Tomatoes Fruit Variety Milk</p>  | <p>31 <i>Flapstick or Cereal</i> Fruit, Milk, & Juice Wild Mikes Pizza Cheeseburger Green Beans Sun Sipper Fruit Variety Milk</p>  | <p>1 Cereal Bar or Cereal Fruit, Juice, & Milk 1/2 DAY SCHOOL</p>  |

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No School
Quincy Conference

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