

# This is the header

October  
2024

This is the subheader

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>30</b></p> <p>This is for Food 4 Thought</p>	<p><b>1</b></p> <p>Southwestern Burger Quesadilla Spanish Rice Pizza Parlor Grab N Go's Spiced Pinto Beans Cucumber Slices Salsa Fresh Fruit Choice of Milk</p>	<p><b>2</b></p> <p>Crispy Chicken Sandwich Pizza Parlor Grab N Go's Mashed Potatoes Gravy Green Beans Pineapple Tidbits Choice of Milk</p>	<p><b>3</b></p> <p>Chicken Potstickers Chicken Fried Rice Pizza Parlor Grab N Go's Kung Fu Carrots Cucumber Slices Applesauce Fresh Fruit Choice of Milk</p>	<p><b>4</b> Homecoming Hog Roast</p> <p>Whole Hog BBQ BBQ Chicken Legs Dinner Roll Herb Roasted Potatoes Side Salad Fresh Fruit Bar Choice of Milk</p>
<p><b>7</b></p> <p>Currywurst with German Potato Salad Whole Grain Dinner Roll Pizza Parlor Grab n Go's Warm Potato Salad Cherry Tomato Fresh Fruit Choice of Milk</p>	<p><b>8</b></p> <p>Cheeseburger on a Bun Pizza Parlor Grab N Go's Potato Wedges Cherry Tomato Mixed Fruit Fresh Pear Choice of Milk</p>	<p><b>9</b></p> <p>Toasted Italian Cheese Sandwich Marinara Sauce Caesar Side Salad Pizza Parlor Grab N Go's Baby Carrots Romaine Lettuce Fresh Fruit Choice of Milk</p>	<p><b>10</b></p> <p>Popcorn Chicken Bowl Biscuit Pizza Parlor Grab N Go's Mashed Potatoes Steamed Corn Cherry Tomato Warm Cinnamon Apples Choice of Milk</p>	<p><b>11</b></p> <p>Beef Chili Cornbread Pizza Parlor Grab N Go's Romaine Lettuce Cherry Tomato Fresh Fruit Choice of Milk</p>
<p><b>14</b></p> <p>Oven Roasted Brat on a Bun Pizza Parlor Grab N Go's Steamed Peas Warm Potato Salad Fresh Fruit Choice of Milk</p>	<p><b>15</b></p> <p>Pancakes Easy Egg Bake Strawberry Topping Pizza Parlor Grab N Go's Sweet Potato Tots Cucumber Slices Fresh Fruit Choice of Milk</p>	<p><b>16</b></p> <p>Orange Chicken Brown Rice Pizza Parlor Grab N Go's Baby Carrots Cucumber Ranch Salad Fresh Fruit Choice of Milk</p>	<p><b>17</b></p> <p>BBQ Chicken Legs Flakey Biscuit Pizza Parlor Grab N Go's Baked Beans, Vegetarian Creamy Coleslaw Cauliflower Floret Fresh Fruit Choice of Milk</p>	<p><b>18</b></p> <p>Popcorn Chicken Whole Grain Dinner Roll Pizza Parlor Grab N Go's Mashed Potatoes Steamed Corn Fresh Fruit Choice of Milk</p>
<p><b>21</b></p> <p>Oven Roasted Brat on a Bun Pizza Parlor Grab N Go's French Fries Baby Carrots Fresh Fruit Choice of Milk</p>	<p><b>22</b></p> <p>Cheeseburger on a Bun Pizza Parlor Grab N Go's Kettle Potato Chips Baby Carrots Mixed Fruit Banana Choice of Milk</p>	<p><b>23</b></p> <p>Turkey Piegga Pizza Parlor Grab N Go's Baby Carrots Romaine Lettuce Fresh Fruit Choice of Milk</p>	<p><b>24</b></p> <p>Crispy Chicken Sandwich Pizza Parlor Grab N Go's Spiced Pinto Beans Baby Carrots Fresh Fruit Choice of Milk</p>	<p><b>25</b></p> <p>Pretzel with Cheese Pizza Parlor Grab N Go's Creamy Potato Salad Kale Salad Baby Carrots Fresh Fruit Choice of Milk</p>
<p><b>28</b></p> <p>Ham &amp; Pepperoni Melt Pizza Parlor Grab N Go's Potato Wedges Cauliflower Floret Fresh Fruit Choice of Milk</p>	<p><b>29</b></p> <p>Italian Stromboli Caesar Side Salad Pizza Parlor Grab N Go's Romaine Lettuce Other Vegetable Fresh Fruit Choice of Milk</p>	<p><b>30</b></p> <p>Chicken Bacon Ranch Melt Pizza Parlor Grab N Go's Sweet Potato Fries Cauliflower Floret Fresh Fruit Choice of Milk</p>	<p><b>31</b></p> <p>Cheeseburger on a Bun Pizza Parlor Grab N Go's French Fries Cucumber Ranch Salad Fresh Fruit Choice of Milk</p>	<p><b>1</b></p>

PRICES

\$1.00  
\$1.00  
\$1.00  
\$1.00  
\$1.00

\$1.00  
\$1.00  
\$1.00  
\$1.00  
\$1.00

EXTRA INFO

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HARVEST OF



THE MONTH

Menus and nutrition  
our app  
Taher Food4Life®



www.taher.com