

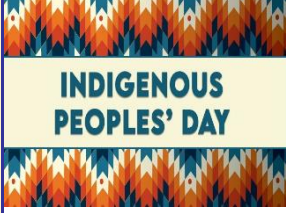








# Dining Services

~ October 2022 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	3 Chicken Po' Boy Broccoli Cheddar Bake Quinoa Vegetable Medley	4 Keilbasa & Pierogies Chicken Alfredo Cheesy Bread Stick Peas & Carrots	5 Nachos & Beef Manicotti Couscous Corn Adobo BLT	6 Chesapeake Baked Chicken Italian Melt Potato Cakes Spinach	7 Baked Potato Bar Chicken Queadilla Vegetable Medley Fresh Salad Bar Sushi	<b>Menus Are Subject to Change</b>
		11 Cheesesteak Eggroll Bunny Chow Basmati Rice Broccoli Chicken Teriyaki Wrap		13 Chicken Club Italian Wedding Meatballs Orzo Green Beans	14 Fish & Chips Lumber Jack Mac French Fries Vegetable Medley Sushi	
	17 Chicken Cheesesteak Pesto Pasta Quinoa Pilaf Corn	18 Pepper Steak Thai Spiked Turkey Croquette Wild Rice Roasted Butternut Squash	19 Pulled Pork Manicotti Roasted Potatoes Spinach Pizza	20 Herb Roasted Chicken Thighs Southwest Chirizo Bowl Cilantro Lime Rice Succatash	21 Beefy Mac & Cheese Buffalo Chicken Tenders Egg Noodles Peas Sushi	
	24 Chicken Augustine Tortellini Rosa Brown Rice Broccoli & Carrots Fresh Salad Bar	25 Baked Salmon with Pineapple Salsa Sausage Scallopini Couscous Green Bean Blend	26 Beef Stew Roast Pork Sandwich Buttered Roll Sante Fe Vegetables	27 Chipotle Chicken Hot Pastrami & Provolone Scalloped Potatoes Mixed Vegetables	28 Stuffed Bell Pepper Chicken & Waffles Cheddar Grits Collard Greens Sushi	



**October Dates To Remember**  
 9/29 to 10/2 – MECO Weekend  
 10/10 – Indigenous Peoples' Day, No Classes!!!  
 10/12 – World Cuisine Day, Oktoberfest  
 10/21 & 10/22 – Reunion & Homecoming Weekend, Open House  
 10/28 – Middle School Halloween Party  
 10/31 – Faculty In-service Day/No Classes!!! Happy Halloween!!!