

October 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>Breakfast: choice of Skim or 1% milk</p> <p>Lunch: Choice of Skim, 1%, Skim Choc. milk</p> <p>Tue & Thu- MS/HS choice of Orange juice</p>		<p>All Bread products are whole grain</p> <p>Menu may change at any time due to availability of items</p>		<p>1</p> <p>Breakfast pizza, Cereal, Fruit, Juice</p> <p>Breaded Pork Patty, Bun, Broccoli, Mixed lettuce, Spinach salad, Cucumbers, Cauliflower, Apple slices</p>	<p>2</p> <p>Apple sticks, Cereal, Fruit, Yogurt smoothy</p> <p>Pepperoni Pizza, Mixed vegetables, Lettuce, Potato, salad, Broccoli, Carrots, Peppers, Grapes,</p>	<p>3</p>
<p>4</p>	<p>5</p> <p>Muffin, Cereal, Fruit</p> <p>BBQ Pork/Bun, Carrots, Mixed lettuce, Coleslaw, Broccoli, Peppers, Cauliflower, Mandarin oranges, Pears</p>	<p>6</p> <p>Waffles, Sausage or Cereal, Fruit</p> <p>Nacho bites, Corn, Mixed Lettuce, Orange salad, Carrots, Celery, Cherry tomatoes, Salsa, Sour cream, Peaches, Pears</p>	<p>7</p> <p>Egg bake bites, Cereal, Fruit, Juice</p> <p>Beef & Noodles, Peas, Dinner roll, Mixed lettuce, Broccoli, Cucumbers, Black beans, Peaches, Watermelon</p>	<p>8</p> <p>Toast, Cereal, Fruit, Yogurt parfaits</p> <p>Grilled Chicken/Bun, French fries, Mixed lettuce, Apple salad, Carrots, Broccoli, Peppers, Applesauce, Pears</p>	<p>9</p> <p>Breakfast Nachos, Cereal, Fruit</p> <p>Cheese Calzones, Marinara sauce, Mixed lettuce, Caesar salad, Carrots, Cauliflower, Cucumbers, Fresh fruit,</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>French toast & Sausage or Cereal, Fruit</p> <p>Mandarin Chicken/Rice, Mixed vegetables, Mixed lettuce, Ramen noodle salad, Carrots, Peppers, Celery, Applesauce,</p>	<p>13</p> <p>Bagels, Cream cheese, Cereal, Fruit, Yogurt</p> <p>Chicken patty/Bun, Italian blend vegetables, Mixed lettuce, Caesar salad, Broccoli, Cucumbers, Carrots, Pears, Apricots,</p>	<p>14</p> <p>Toast, Cereal, Fruit, Juice</p> <p>Tater tot casserole, Bread/butter, Mixed lettuce, Spinach salad, Broccoli, Cauliflower, Peppers, Mandarin oranges, Strawberries</p>	<p>15</p> <p>Ham & Cheese Croissant, Cereal, Fruit</p> <p>Popcorn Chicken, Green beans, Bread/Butter, Mixed lettuce, Pea salad, Carrots, Cucumbers, Olives, Cantelope, Mixed fruit</p>	<p>16</p> <p>Breakfast Pizza, Cereal, Fruit, Yogurt</p> <p>Pepperoni pizza bread, Broccoli, Mixed lettuce, Cottage cheese, Carrots, Celery, Peppers, Orange slices</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>Scrambled eggsm, Toast or Cereal, Fruit</p> <p>Mr Rib/Bun, Broccoli w/Cheese, Mixed lettuce, Cherry salad, Carrots, Peppers, Cauliflower. Applesauce, Pears</p>	<p>20</p> <p>Toast, Cereal, Fruit, Yogurt parfaits</p> <p>Chicken strips, Tri-tator, Mixed lettuce, Caesar salad, Broccoli, Peppers, Carrots, Apple slices</p>	<p>21</p> <p>Pancakes & sausage or Cereal, Fruit, Juice</p> <p>Spaghetti w/Meatsauce, Garlic bread, Mixed Lettuce, Broccoli salad, Celery, Cauliflower, Garbanzo beans, Peaches,</p>	<p>22</p> <p>Oatmeal bar, Cereal, Fruit, Yogurt</p> <p>Hot Dog/Bun, Baked beans, Mixed lettuce, Coleslaw, Carrots, Broccoli, Peppers, Banana</p>	<p>23</p> <p>Egg & Cheese muffin, Cereal, Fruit</p> <p>Ham or Turkey sandwich, Macaroni & Cheese, Mixed Lettuce, Pasta salad, Cauliflower, Celery, Peas, Strawberries, Pears</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>NO SCHOOL</p>	<p>27</p> <p>Waffle sticks, Cereal, Fruit, Juice</p> <p>Crispito w/ Cheese sauce, Corn, Mixed lettuce, Spinach, Carrots, Cauliflower, Celery, Applesauce, Mixed fruit</p>	<p>28</p> <p>Toast, Cereal, Fruit, Yogurt Parfaits</p> <p>Chicken Alfredo, Broccoli, Breadstick, Lettuce, Caesar salad, Celery, Peppers, Carrots, Peaches, Pears</p>	<p>29</p> <p>Breakfast pizza, Cereal, Fruit</p> <p>Beef Nachos, Rice & Beans, Lettuce, Lemon salad, Carrots, Broccoli, Salsa, Olives, Peppers, Mandarin oranges, Raisins, Apricots</p>	<p>30</p> <p>Banana bread, Cereal, Fruit, Yogurt</p> <p>Sausage Pizza, Green beans, Lettuce, Pasta salad, Carrots, Cauliflower, Celery, Watermelon, Applesauce</p>	<p>31</p> <p>USDA is an equal opportunity provider</p>

NOTES