

# Creative Minds Breakfast Menu for October 2020

## Families Making the Connection

### Now Playing: School Lunch

Did you know October 12-16 is officially National School Lunch Week? The National School Lunch Program serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week (NSLW) to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. The COVID-19 pandemic has without a doubt shown just how incredibly important school meals are for students and their families.



|  | Monday, September 28   | Tuesday, September 29  | Wednesday, September 30  | Thursday, October 1  | Friday, October 2  | Saturday, October 3  |
|--|--|--|--|--|--|--|
|  | <b>Whole Grain French Toast</b><br><b>Turkey Breakfast Sausage</b><br><b>Fresh Fruit</b> | <b>Assorted Whole Grain Cereal</b><br><br><b>Fresh Fruit</b>             | <b>Whole Grain Blueberry, Banana or Apple Muffin</b><br><br><b>Fresh Fruit</b>     | <b>Whole Grain Pancake</b><br><b>Turkey Bacon</b><br><b>Fruit</b>          | <b>Whole Grain Croissant</b><br><b>Fruit Jelly</b><br><b>Fruit</b>       | <b>Mozzarella Cheese String</b><br><b>Graham Cookie</b><br><b>Fruit</b>              |
| Sunday, October 4  | Monday, October 5  | Tuesday, October 6   | Wednesday, October 7   | Thursday, October 8  | Friday, October 9  | Saturday, October 10   |
| <b>Instant Oatmeal</b><br><br><b>Fruit</b>                               | <b>Assorted Whole Grain Cereal</b><br><br><b>Fruit</b>                                   | <b>Whole Grain Bagel</b><br><br><b>Cream Cheese</b><br><br><b>Fruit</b>  | <b>Whole Grain Blueberry, Banana or Apple Muffin</b><br><br><b>Fruit</b>           | <b>Whole Grain Waffle</b><br><b>Turkey Bacon</b><br><br><b>Fruit</b>       | <b>Whole Grain Pancake</b><br><b>Turkey Sausage</b><br><br><b>Fruit</b>  | <b>Assorted Whole Grain Cereal</b><br><br><b>Fruit</b>                               |
| Sunday, October 11   | Monday, October 12   | Tuesday, October 13  | Wednesday, October 14  | Thursday, October 15   | Friday, October 16   | Saturday, October 17   |
| <b>Whole Grain Blueberry, Banana or Apple Muffin</b><br><br><b>Fruit</b> | <b>Instant Oatmeal</b><br><br><b>Fruit</b>   | <b>Assorted Whole Grain Cereal</b><br><br><b>Fruit</b>                   | <b>Whole Grain French Toast</b><br><b>Turkey Breakfast Sausage</b><br><b>Fruit</b> | <b>Whole Grain Croissant</b><br><b>Fruit Jelly</b><br><b>Fruit</b>         | <b>Whole Grain Waffle</b><br><br><b>Turkey Bacon</b><br><br><b>Fruit</b> | <b>English Muffin</b><br><b>Turkey Ham</b><br><b>American Cheese</b><br><b>Fruit</b> |
| Sunday, October 18   | Monday, October 19   | Tuesday, October 20  | Wednesday, October 21  | Thursday, October 22   | Friday, October 23   | Saturday, October 24   |
| <b>Mozzarella Cheese String</b><br><b>Graham Cookie</b><br><b>Fruit</b>  | <b>Whole Grain Pancakes</b><br><b>Turkey Bacon</b><br><b>Fruit</b>                       | <b>Whole Grain Croissants</b><br><b>Fruit Jelly</b><br><br><b>Fruit</b>  | <b>Whole Grain Waffle</b><br><br><b>Turkey Bacon</b><br><br><b>Fruit</b>           | <b>Whole Grain French Toast</b><br><b>Turkey Bacon</b><br><br><b>Fruit</b> | <b>Assorted Whole Grain Cereal</b><br><br><b>Fruit</b>                   | <b>Instant Oatmeal</b><br><br><b>Fruit</b>   |
| Sunday, October 25   | Monday, October 26   | Tuesday, October 27  | Wednesday, October 28  | Thursday, October 29   | Friday, October 30   | Saturday, October 31   |
| <b>Assorted Whole Grain Cereal</b><br><br><b>Fruit</b>                   | <b>Whole Grain French Toast</b><br><b>Turkey Breakfast Sausage</b><br><b>Fruit</b>       | <b>Whole Grain Blueberry, Banana or Apple Muffin</b><br><br><b>Fruit</b> | <b>Whole Grain Pancake</b><br><br><b>Turkey Bacon</b><br><br><b>Fruit</b>          | <b>Whole Grain Croissants</b><br><b>Fruit Jelly</b><br><br><b>Fruit</b>    | <b>Whole Grain Bagel</b><br><br><b>Cream Cheese</b><br><br><b>Fruit</b>  | <b>Instant Oatmeal</b><br><br><b>Fruit</b>   |

This institution is an equal opportunity provider.

# Creative Minds Lunch Menu for October 2020

Families Making the Connection

Now Playing: School Lunch

Did you know October 12-16 is officially National School Lunch Week? The National School Lunch Program serves nearly 30 million children every school day. President John F. Kennedy created National School Lunch Week (NSLW) to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. The COVID-19 pandemic has without a doubt shown just how incredibly important school meals are for students and their families.



|  | Monday, September 28   | Tuesday, September 29  | Wednesday, September 30  | Thursday, October 1  | Friday, October 2  | Saturday, October 3   |
|--|--|--|--|--|--|---|
|  | Tuna<br>Whole Grain Bread<br>Mayo + Relish<br>Packets<br>Beans<br>Fruit                            | Sunbutter & Jelly<br>Sandwich<br>Carrot Sticks<br>Granola Bar<br>Fresh Fruit         | Whole Grain Pretzels<br>Mozzarella String<br>Cheese<br>Broccoli Florets<br>Ranch Dressing<br>Fresh Fruit | Turkey Bologna<br>and Cheese<br>Sandwich<br>Celery Sticks<br>Granola Bar<br>Fresh Fruit                              | Tomato Soup<br>American Cheese<br>Whole Grain Bread<br>Goldfish Crackers<br>Corn<br>Fresh Fruit    | Sunbutter & Jelly<br>Sandwich<br>Beans<br>Fresh Fruit   |
| Sunday, October 4  | Monday, October 5  | Tuesday, October 6   | Wednesday, October 7   | Thursday, October 8  | Friday, October 9  | Saturday, October 10  |
| Whole Grain Pretzels<br>Mozzarella String<br>Cheese<br>Carrot Sticks<br>Ranch Dressing<br>Granola Bar<br>Fruit | Chicken Patty<br>Whole Grain Bun<br>Chickpeas<br>Ketchup<br>Mayonnaise<br>Fruit                    | Hamburger Patty<br>Whole Grain Bun<br>Potato Fries<br>Ketchup<br>Mayonnaise<br>Fruit | Turkey Ham and<br>Cheese Sandwich<br>Broccoli Florets<br>Ranch Dressing<br>Granola Bar<br>Fruit          | Chicken Nuggets<br>Whole Grain Roll<br>Corn<br>Ketchup<br>Fruit  | Sunbutter & Jelly<br>Sandwich<br>Celery Sticks<br>Ranch Dressing<br>Fruit                          | Chicken Salad<br>Whole Grain Bread<br>Mayo + Relish<br>Packets<br>Carrot Sticks<br>Ranch Dressing<br>Granola Bar<br>Fruit |
| Sunday, October 11   | Monday, October 12   | Tuesday, October 13  | Wednesday, October 14  | Thursday, October 15   | Friday, October 16   | Saturday, October 17  |
| Sunbutter & Jelly<br>Sandwich<br>Carrot Sticks<br>Ranch Dressing<br>Granola Bar<br>Fruit                       | Whole Grain Pretzels<br>Mozzarella String<br>Cheese<br>Broccoli Florets<br>Ranch Dressing<br>Fruit | Chicken Patty<br>Whole Grain Bun<br>Chickpeas<br>Ketchup<br>Mayonnaise<br>Fruit      | Turkey Bologna and<br>Cheese<br>Sandwich<br>Celery Sticks<br>Ranch Dressing<br>Granola Bar<br>Fruit      | Chicken Drumstick<br>Whole Grain Roll<br>Corn<br>Ketchup<br>Fruit  | American Cheese<br>Whole Grain Bun<br>Mixed Vegetables<br>Goldfish Crackers<br>Fruit               | Chicken Salad<br>Whole Grain Bread<br>Mayo + Relish<br>Packets<br>Carrot Sticks<br>Ranch Dressing<br>Granola Bar<br>Fruit |
| Sunday, October 18   | Monday, October 19   | Tuesday, October 20  | Wednesday, October 21  | Thursday, October 22   | Friday, October 23   | Saturday, October 24  |
| Sunbutter & Jelly<br>Sandwich<br>Celery Sticks<br>Ranch Dressing<br>Granola Bar<br>Fruit                       | Chicken Nuggets<br>Whole Grain Roll<br>Corn<br>Fruit   | Hamburger Patty<br>Whole Grain Bun<br>Potato Fries<br>Mayonnaise<br>Ketchup<br>Fruit | Turkey Ham<br>Sandwich with<br>Cheese<br>Cauliflower<br>Granola Bar<br>Fruit                             | Pizza<br>Broccoli<br>Ranch Dressing<br>Fruit   | Whole Grain<br>Pretzels<br>Mozzarella String<br>Cheese<br>Carrot Sticks<br>Ranch Dressing<br>Fruit | Turkey Bologna and<br>Cheese Sandwich<br>Kidney Beans<br>Granola Bar<br>Mayonnaise<br>Fruit                               |
| Sunday, October 25   | Monday, October 26   | Tuesday, October 27  | Wednesday, October 28  | Thursday, October 29   | Friday, October 30   | Saturday, October 31  |
| Chicken Salad<br>Whole Grain Bread<br>Mayo + Relish<br>Packets<br>Kidney Beans<br>Fruit                        | Chicken Patty<br>Sandwich<br>Green Beans<br>Fruit  | Pizza<br>Carrot Sticks<br>Ranch Dressing<br>Fruit                                    | Turkey Ham and<br>Cheese Sandwich<br>Mixed Vegetables<br>Granola Bar<br>Fruit                            | Whole Grain<br>Pretzels<br>Mozzarella String<br>Cheese<br>Broccoli Florets<br>Ranch Dressing<br>Granola Bar<br>Fruit | Chicken Drumstick<br>Whole Grain Roll<br>Corn<br>Ketchup<br>Fruit                                  | Sunbutter & Jelly<br>Sandwich<br>Carrot Sticks<br>Ranch Dressing<br>Granola Bar<br>Fruit                                  |