

Breakfast Menu for October 2021

| Monday, September 27 | Tuesday, September 28 | Wednesday, September 29 | Thursday, September 30 | Friday, October 1 |
|---------------------------------------|--|---|---|---|
| Assorted Whole Grain Cereal Apples | Whole Grain Pancakes Turkey Breakfast Sausage Cantaloupe | Hard Boiled Egg Home Potatoes and Onions Whole Grain Roll Orange | Whole Grain French Toast Turkey Bacon Grape | Whole Grain Banana Muffin Pear |
| Monday, October 4 | Tuesday, October 5 | Wednesday, October 6 | Thursday, October 7 | Friday, October 8 |
| Assorted Whole Grain Cereal Orange | Whole Grain Pancake Turkey Sausage Cantaloupe | NO SCHOOL P/T CONFERENCES | Whole Grain English Muffin with Turkey Ham and Cheese Watermelon | Whole Grain Waffle Turkey Bacon Fruit Salad |
| Monday, October 11 | Tuesday, October 12 | Wednesday, October 13 | Thursday, October 14 | Friday, October 15 |
| NO SCHOOL | Assorted Whole Grain Cereal Apple | Whole Grain Banana Muffin Pears | Whole Grain Waffle Turkey Breakfast Sausage Orange | Whole Grain French Toast Turkey Bacon Cantaloupe |
| Monday, October 18 | Tuesday, October 19 | Wednesday, October 20 | Thursday, October 21 | Friday, October 22 |
| Assorted Whole Grain Cereal Apple | Whole Grain Bagels Cream Cheese Pineapple | Fat Free Yogurt Granola Orange | Whole Grain French Toast Turkey Bacon Watermelon | Whole Grain Waffle Turkey Breakfast Sausage Fruit Salad |
| Monday, October 25 | Tuesday, October 26 | Wednesday, October 27 | Thursday, October 28 | Friday, October 29 |
| Assorted Whole Grain Cereal Orange | Whole Grain Pancake Turkey Bacon Cantaloupe | Whole Grain Croissant Jelly Watermelon | Whole Grain English Muffin with Turkey Ham and Cheese Cantaloupe | Whole Grain Banana Muffin Fruit Salad |

- All meals served with appropriate condiments and 1% milk or fat free milk.
- Daily fruit offered might change depending on availability.
- Menu subject to change

This institution is an equal opportunity provider.

Lunch Menu for October 2021

| Monday, September 27 | Tuesday, September 28 | Wednesday, September 29 | Thursday, September 30 | Friday, October 1 |
|---|---|---|---|--|
| Chicken Drumstick Whole Grain Roll Corn Orange | Chicken Alfredo Pasta Broccoli Pear | SunButter & Jelly Sandwich Carrot Sticks Banana | Beef Taco Taco Shells Black Beans Plums | Cheese Pizza Carrots & Green Beans Apple |
| Monday, October 4 | Tuesday, October 5 | Wednesday, October 6 | Thursday, October 7 | Friday, October 8 |
| Chicken Nuggets Whole Grain Roll Carrots Apple Sauce | Spaghetti and Meatballs Broccoli Orange | NO SCHOOL P/T CONFERENCES | Chicken Patty Sandwich Garbanzo Beans Pineapple | Meatloaf Whole Grain Roll Mashed Potatoes Green Beans Gravy Pears |
| Monday, October 11 | Tuesday, October 12 | Wednesday, October 13 | Thursday, October 14 | Friday, October 15 |
| NO SCHOOL | Chicken Drumstick Whole Grain Roll Corn Orange | Turkey Bologna and Cheese Sandwich Romaine Lettuce and Tomato Salad Ranch Dressing Mayonnaise Banana | Spaghetti and Chicken Green Beans and Carrots Fruit Salad | Ground Beef with Rice Baked Beans Apples |
| Monday, October 18 | Tuesday, October 19 | Wednesday, October 20 | Thursday, October 21 | Friday, October 22 |
| Cheeseburger Potato Fries Ketchup Orange | Macaroni & Cheese Broccoli Bananas | Turkey Ham and Cheese Sandwich Coleslaw Apple Mayonaise | Chicken Nuggets Whole Grain Roll Sweet Potatoes Sun Chip Cantaloupe | Turkey Sausage Jambalaya Baked Beans Pears |
| Monday, October 25 | Tuesday, October 26 | Wednesday, October 27 | Thursday, October 28 | Friday, October 29 |
| Turkey Hot Dog Hot Dog Roll Potato Fries Ketchup Mustard Apple Sauce | Chicken Stir Fry/Teriyaki Brown Rice Green Beans Mango | Sunbutter & Jelly Sandwich Carrot Sticks Ranch Dressing Banana | Chicken Patty Sandwich Baked Beans Ketchup Mayonnaise Pears | Turkey Pepperoni Pizza Broccoli Ranch Dressing Orange |

- *All meals served with appropriate condiments and 1% milk or fat free milk.*
- *Daily fruit offered might change depending on availability.*
- *Menu subject to change*

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Vegetarian Menu for October 2021

| Monday, September 27 | Tuesday, September 28 | Wednesday, September 29 | Thursday, September 30 | Friday, October 1 |
|--|--|--|--|--|
| Vegetarian Patty Whole Grain Roll Corn Orange | Vegetarian Spaghetti Broccoli Pear | SunButter & Jelly Sandwich Carrot Sticks Banana | Vegetarian Meat Taco Taco Shells Black Beans Plums | Cheese Pizza Carrots & Green Beans Apple |
| Monday, October 4 | Tuesday, October 5 | Wednesday, October 6 | Thursday, October 7 | Friday, October 8 |
| Vegetarian Patty Whole Grain Roll Carrots Apple Sauce | Vegetarian Spaghetti Broccoli Orange | NO SCHOOL P/T CONFERENCES | Tofu Sandwich Garbanzo Beans Pineapple | Vegetarian Patty Whole Grain Roll Mashed Potatoes Green Beans Gravy Pears |
| Monday, October 11 | Tuesday, October 12 | Wednesday, October 13 | Thursday, October 14 | Friday, October 15 |
| NO SCHOOL | Vegetarian Patty Whole Grain Roll Corn Orange | SunButter & Jelly Sandwich Sandwich Romaine Lettuce and Tomato Salad Ranch Dressing Mayonnaise Banana | Vegetarian Spaghetti Green Beans and Carrots Fruit Salad | Spanish Rice with Vegetarian Meat Baked Beans Apples |
| Monday, October 18 | Tuesday, October 19 | Wednesday, October 20 | Thursday, October 21 | Friday, October 22 |
| Vegetarian Patty Potato Fries Ketchup Orange | Macaroni & Cheese Broccoli Bananas | Sunbutter & Jelly Sandwich Coleslaw Apple Mayonnaise | Rice and Beans Sweet Potatoes Sun Chip Cantaloupe | Vegetarian Jambalaya Baked Beans Pears |
| Monday, October 25 | Tuesday, October 26 | Wednesday, October 27 | Thursday, October 28 | Friday, October 29 |
| Cheese Quesadilla Potato Fries Ketchup Mustard Apple Sauce | Spanish Rice with Vegetarian Meat Brown Rice Green Beans Mango | Sunbutter & Jelly Sandwich Carrot Sticks Ranch Dressing Banana | Vegetarian Patty Sandwich Baked Beans Ketchup Mayonnaise Pears | Cheese Pizza Broccoli Ranch Dressing Orange |

- All meals served with appropriate condiments and 1% milk or fat free milk.
- Daily fruit offered might change depending on availability.
- Menu subject to change

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SNACK Menu for October 2021

| Monday, September 27 | Tuesday, September 28 | Wednesday, September 29 | Thursday, September 30 | Friday, October 1 |
|------------------------------|-----------------------------------|--|----------------------------|--|
| Graham Crackers 1% Milk | Fat Free Yogurt Apple Sauce | Goldfish Crackers 1% Milk | Pretzels 1% Milk | Kellog's Whole Grain Nutri Bars 1% Milk |
| Monday, October 4 | Tuesday, October 5 | Wednesday, October 6 | Thursday, October 7 | Friday, October 8 |
| Graham Crackers 1% Milk | Mozzarella Cheese String Fruit | NO SCHOOL P/T CONFERENCES | Fruit Muffin 1% Milk | Sun Chips Apple Sauce |
| Monday, October 11 | Tuesday, October 12 | Wednesday, October 13 | Thursday, October 14 | Friday, October 15 |
| NO SCHOOL | Goldfish Crackers 1% Milk | Fat Free Yogurt Fruit | Graham Crackers 1% Milk | Zucchini Bread 1% Milk |
| Monday, October 18 | Tuesday, October 19 | Wednesday, October 20 | Thursday, October 21 | Friday, October 22 |
| Fruit Muffin 1% Milk | Mozzarella Cheese String Fruit | Graham Crackers 1% Milk | Sun Chips Apple Sauce | Whole Grain Apple Filled Churros 1% Milk |
| Monday, October 25 | Tuesday, October 26 | Wednesday, October 27 | Thursday, October 28 | Friday, October 29 |
| Goldfish Crackers 1% Milk | Zucchini Bread 1% Milk | Kellog's Whole Grain Nutri Bars 1% Milk | Fat Free Yogurt Fruit | Graham Crackers Apple Sauce |

▪ *Menu subject to change*

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