

Health e

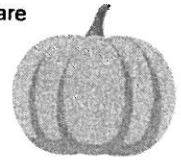


October

2021

In Season Pumpkins

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled



Monday

Tuesday

Wednesday

Thursday

Friday

(POP TART)
P.B. & JELLY
SANDWICH
STRING CHEESE
GRANOLA BAR
BABY CARROTS
FRUIT **1**

NO SCHOOL **4**

NO SCHOOL **5**

NO SCHOOL **6**

NO SCHOOL **7**

NO SCHOOL **8**

NO SCHOOL **11**

NO SCHOOL **12**

NO SCHOOL **13**

NO SCHOOL **14**

NO SCHOOL **15**

NO SCHOOL **18**

(Cinnamon Roll)
Chili w/meat and
Cheese **19**
Chips
Celery Sticks
Broccoli
Fruit

(Mini Pancakes)
Mini corn dogs **20**
Tator tots
Baked beans
Fruit

(Choc. muffin) **21**
Orange chicken
Brown rice
Fortune cookie
Veg. medley
Broccoli
Fruit

(Banana Bread) **22**
Chicken Strips
Dinner Roll
Baby carrots
Tossed Salad
Fruit

(Berries Twin)
MAC & CHEESE **25**
Dinner Roll
Broccoli
Cauliflower
Mash potatoes
Fruit

(Bagel w cream) **26**
Fish sticks
Dinner roll
Piccadilly fries
Vegetable
medley
Fruit

(Donut) **27**
Meat ball sub
Mozzarella
Bake beans
Baby carrots
Fruit

(Yogurt Parfait) **28**
BBQ Pork Rib
sandwich
Tossed Salad
Celery Sticks
Fruit

(Cereal Bowl or
bar) **29**
Bean & cheese
burrito
Pico de Gallo
Shredded lettuce
Corn

Announcements

Food Shortages are nationwide, and our school is also experiencing unavailable items or last minute replacements. Menus are subject to change, but we will do our best to notify you if there are any major changes.

Meal Prices

Please note that due to federal funding in response to the COVID-19 pandemic, meals are FREE for all schools regardless of income status for the duration of the 2021-2022 school year. Second meals and Adult meals will be charged the adult meal price. Only complete meals will be Free Any single or extra items will be charged. Food preferences such as vegan/vegetarian that are not MEDICALLY necessary will not be accommodated. Meals for children with special dietary needs will be provided upon request.