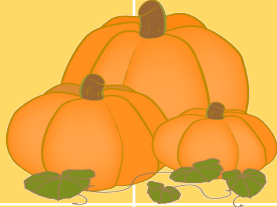


OCTOBER

BREAKFAST MENU

2020



Monday	Tuesday	Wednesday	Thursday	Friday
				
			Fresh Pear-1 Croissant w/ Margarine-2.2 oz. Milk-8 oz.	Fresh Orange-1 W/G Fruit Loops-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.
Diced Peach Cup-1/2 c. 100% Grape Juice-4 oz. Multigrain Frosted Flakes Maple Waffle Grahams-2 Milk-8 oz.	Fresh Apple-1 W/G Apple Jacks Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	Diced Pear Cup-1/2 c. 100% Apple Juice-4 oz. Whole Wheat Bagel with Cream Cheese-1 Milk-8 oz.	Fresh Orange-1 Honey Graham Toasters Cereal-1oz Strawberry Breakfast Bar-1 Milk-8 oz.	Cherry Craisins-1/2 c. 100% Orange/Tang. Juice Strawberry Shredded Wheat Crl-1 oz. W/G Graham Crackers-3 Milk-8 oz.
	Mixed Fruit Cup-1/2 c. 100% Orange/Tang/Juice W/G Cranberry Muffin W/G Trix Cereal-1 oz. Milk-8 oz.	Applesauce Cup-1/2 c. 100% Fruit Punch-4 oz. W/G Cinnamon Raisin Bagel w/ Cream Cheese-1 Milk-8 oz.	Fresh Apple-1 Honey Scooters Cereal W/G Strwbrry Waffle Grahams-2 Milk-8 oz.	Fresh Pear-1 W/G Superdonut-2 oz. Milk-8 oz.
Diced Peach Cup-1/2 c. 100% Orange/Tang/Juice W/G Corn Chex Cereal Strawberry Breakfast Bar-1 Milk-8 oz.	Mandarin Orange Cup 100% Apple Juice-4 oz. W/G Rice Krispies-1 oz. W/G Pineapple Muffin Milk-8 oz.	Fresh Apple-1 W/G Croissant with Margarine-2.2 oz. Milk-8 oz.	Fresh Orange-1 W/G Cinn. Toasters Cereal W/G Maple Waffle Grahams-2 Milk-8 oz.	Golden Apple-1 W/G Multigrain Cheerios W/G Corn Muffin-2 oz. Milk-8 oz.
Applesauce Cup-1/2 c. 100% Apple Juice-4 oz. W/G Fruity Cheerios-1 oz. Apple Breakfast Bar-1 Milk-8 oz.	Fresh Orange-1 W/G Apple Jacks Cereal-1 oz. W/G Banana Muffin-2 oz. Milk-8 oz.	Fresh Apple-1 W/G Strawberry Pop Tart-2 Milk-8 oz.	Fresh Pear-1 Honey Graham Toasters Strawberry Breakfast Bar-1 Milk-8 oz.	Fresh Orange-1 W/G Fruit Loops-1 oz. W/G Apple Muffin-2 oz. Milk-8 oz.



All pasta, bread, & grains on this menu are whole wheat or whole grain

Breakfast: choice of 1% or fat-free milk; fruit available daily



OCTOBER

LUNCH MENU

2020

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2
			Beef Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	Baked Cheese Manicotti w/ Meat Sauce-5 oz. Green Beans-3/4 c. Whole Grain Bread Diced Pear Cup-1/2 c. Milk-8 oz.
5	6	7	8	9
W/G Chicken Nuggets-5 Corn-3/4 c. Whole Wheat Dinner Roll Fresh Apple-1 Milk-8 oz.	All Beef Hamburger on a Whole Wheat Bun-1 French Fries-3/4 c.. Applesauce Cup-1/2 c. Milk-8 oz.	Turkey Meatballs w/ Sauce on a W/G Hot Dog Bun-1 Green Beans-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.	Teriyaki Chicken Fillet on a Whole Wheat Bun-1 Diced Carrots-3/4 c. Peach Applesauce Cup-1/2 c. Milk-8 oz.	Cheese Lasagna with Meat Sauce-4 oz. Broccoli Florets-3/4 c. Whole Grain Bread Fresh Apple-1 Milk-8 oz.
				
	13	14	15	16
	Beef Tacos with Shredded Cheddar Cheese-2 Corn-3/4 c. W/G 6" Flour Tortilla-2 Fresh Orange-1 Milk-8 oz..	All Beef Hot Dog on a Whole Wheat Bun-1 French Fries-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.	Grilled BBQ Chicken Bites-4 Sliced Carrots-3/4 c. Whole Wheat Dinner Roll Cherry Craisins-3/4 c. Milk-8 oz.	Tony's Pizza-5 oz. Fresh Broccoli Florets w/ Dip-3/4 c. Mandarin Orange Cup-1/2 c. Milk-8 oz.
19	20	21	22	23
Grilled Chicken Parmigiana Diced Carrots-3/4 c. Whole Wheat Dinner Roll Strawberry Applesauce Cup-1/2 c. Milk-8 oz.	Turkey Meatballs w/ Sauce on a Whole Grain Hot Dog Bun-1 Red Kidney Beans-3/4 c. Fresh Apple-1 Milk-8 oz.	Beef Meatloaf w/ Ketchup Seasoned Diced Potatoes Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	W/G Chicken Fryz-4 Green Beans-3/4 c. Rasp. Lemonade Craisins Whole Wheat Dinner Roll Milk-8 oz.	Baked Ziti-5 oz. Broccoli Florets-3/4 c. Applesauce Cup-1/2 c. Whole Grain Bread Milk-8 oz.
26	27	28	29	30
Flame Broiled Chicken Burger on a Whole Wheat Bun-1 Corn-3/4 c. Fresh Apple-1 Milk-8 oz.	Macaroni and Cheese-6 oz. Green Beans-3/4 c. Diced Peach Cup-1/2 c. Whole Grain Bread Milk-8 oz..	Grilled Chicken Tacos w/ Shredded Cheddar Cheese-2 Refried Beans-3/4 c. W/G 6" Flour Tortilla-2 Strawberry Craisins-1/2 c. Milk-8 oz.	Beef Salisbury Steak with Gravy-3 oz. Mashed Potatoes-3/4 c. Fresh Orange-1 Whole Wheat Dinner Roll Milk-8 oz.	Tony's Pizza-5 oz. Fresh Broccoli Florets w/ Dip-3/4 c. Mixed Fruit Cup-1/2 c. Milk-8 oz.



All pasta, bread, & grains on this menu are whole wheat or whole grain

Lunch: choice of 1% or fat-free milk; fruit available daily