

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 Plum
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	Fat Free Yogurt Granola Apple	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 Sauce
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	Turkey Bologna and Cheese Sandwich Romaine Lettuce and Tomato Salad Banana Mayonnaise Ranch Dressing	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 Mayonnaise	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
Cheese Quesadilla Corn 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

This institution is an equal opportunity provider.

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	Vgeetarian Meat Taco Taco Shells Black Beans Plums	Cheese Pizza Carrots & Green Beans Apple Sauce
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	Sunbutter & Jelly Sandwich Romaine Lettuce and Tomato Salad Banana Mayonnaise Ranch Dressing	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	Tofu 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	Tofu Sandwich Coleslaw Apple Mayonnaise	Veggie "Chick'n" Nuggets Whole Grain Dinner Roll 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 Corn 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*

This institution is an equal opportunity provider.