

October 2020

Please Note: Breakfast Milk choice includes a choice of non-fat (unflavored) or 1% (unflavored) milk,
Lunch includes a choice of non-fat (flavored or unflavored) or 1% (unflavored) milk
Reduced fat dressing is served with salads and fresh vegetables.
All Grain items are Whole Grain Rich

Mon	Tue	Wed	Thu	Fri
			1 B'Fast – Egg Pattie on Biscuit, , Fruit, Juice, Milk Lunch – Italian Chicken on Bun, Tator Tots, Baby Carrots, , ½ Orange, Pears, , Milk	2 B'Fast – French Toast Sticks, Fruit, Juice, Milk Lunch – Sub Sandwich, Romaine Spinach, Baked Beans, Baby Carrots, Applesauce, ½ Banana, Milk
5 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Taco, HS: Taco in Bag Lettuce, Tomatoes, Cheese, Refried Beans, Green Beans, ½ Orange, Pears, Milk	6 B'Fast – Biscuits & Sausage Gravy, Fruit, Juice, Milk Lunch- Chicken Strip, Mashed Potatoes w/ Gravy, BB Sandwich, Peaches, Baby Carrots, Pineapple, Milk	7 B'Fast – Egg/Ham Combo, Fruit, Juice, Milk Lunch – BBQ Pork on Bun, Tator Tots, Romaine Spinach, ¼ Apple, Mandarin Oranges, Milk	8 B'Fast – Waffle Sticks, Cheese Sticks, Fruit, Juice, Milk Lunch- Crispito's, Cheese, Chili, Corn, BB Sandwich, ½ Orange, Applesauce, Milk	9 B'Fast – Breakfast Wrap, Fruit, Juice, Milk Lunch- Cream Chicken on Biscuits, Peas, Baby Carrots, Fresh Fruit, Pears, Milk
12 B'Fast -Egg/Cheese Biscuits, Fruit, Juice, Milk Lunch – Spaghetti w/Meat Sauce, Bread Stick, Green Beans, Romaine/Spinach Salad, Applesauce, Fresh Fruit, Milk	13 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Lunch – Salisbury Steak, Mashed Potatoes, w/Gravy, BB Sandwich, Pears, Pineapple, Milk	14 B'Fast – French Toast Sticks, Fruit, Juice, Milk Lunch – Chicken Pattie on Bun, Curly Fries, Baby Carrots, ½ Apple, Mandarin Oranges, Milk	15 B'Fast – Waffle Sticks, Cheese Sticks, Fruit, Juice, Milk Lunch – Goulash, BB Sandwich, Baby Carrots, Mixed Vegetables, Fresh Fruit, Pears, Milk	16 B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk Lunch – Hotdogs on Bun, Baked Beans, Baby Carrots, Peaches, Fresh Fruit, Milk
19 B'Fast – Egg/Ham Combo, Fruit, Juice, Milk Lunch- Pizza, Green Beans, Romaine/Spinach Lettuce, Strawberries, , Applesauce, Milk	20 B'Fast – WG Biscuits & Sausage Gravy, Fruit, Juice, Milk Lunch – Tator Tot Hotdish, BB Sandwich, Mixed Vegetables, ½ Oranges, Peaches, Milk	21 B'Fast – Breakfast Wrap, Fruit, Juice, Milk Lunch – Cheeseburger on WG Bun, French Fries, Romaine/Spinach, Tomato Slices, Fresh Fruit, Pears, Milk	22 B'Fast – Waffles, Cheese Stick, Fruit, Juice, Milk Lunch-Chicken Nuggets, Mashed Potatoes w/ Gravy, BB Sandwich, Peaches, Fresh Fruit, Milk	23 B'Fast – Breakfast Pizza, Fruit, Juice, Milk Lunch – Rib on Bun, Baked Beans, Baby Carrots, Applesauce, Banana, Milk
26 B'Fast – Egg/Cheese Omelet, Toast, Fruit, Juice, Milk Lunch – Mini Corndogs, Broccoli w/Cheese Sauce, Baby Carrots, Pears, Peaches, Milk	27 B'Fast - Egg/Cheese Biscuits, Fruit, Juice, Milk Lunch – Chicken Fajita on Soft Shell, Corn, Refried Beans, Lettuce, Cheese, Romaine, Tomatoes, Fresh Fruit,	28 B'Fast – Pancakes & Sausage, Fruit, Juice, Milk Lunch- Crispito's, Cheese, Chili, Corn, BB Sandwich, Refried	29 B'Fast – French Toast Sticks, Fruit, Juice, Milk Lunch – Pork Tender on Bun, Rice, Peas, Peaches, Applesauce, Milk	30 B'Fast – Egg/Ham Combo, Fruit, Juice, Milk Lunch – Chili, Cheese Sandwich, Baby Carrots, Crackers, Applecrisp, Milk