

October 2024

**Please Note: Breakfast Milk choice includes 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'kfst-Bagel, Fruit, Juice, Milk Lunch-Rib on WG Bun, Baked Beans, Baby Carrots, Applesauce, Orange Wedges, Milk	2 B'kfst-Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch-Chicken Patty on WG Bun, Curly Fries, Peaches, Applesauce, Milk	3 B'kfst-Waffle, String Cheese, Fruit, Juice, Milk Lunch-Ham/Cheese Sub Sandwich, Tator Tots, Baby Carrots, Pears, Fresh Fruit, Milk	4 B'kfst-Egg/Cheese Omelet, WG Toast, Fruit, Juice, Milk Lunch-Pizza, Green Beans, Romaine/Spinach Salad, Strawberries, Banana, Milk
7 B'kfst-Ham/Egg Combo, WG Toast, Fruit, Juice, Milk Lunch-Soft Shell Taco, Lettuce, Cheese, Tomato, Breen Beans, Pears, Orange Wedges, Milk	8 B'kfst-French Toast Sticks, Fruit, Juice, Milk Lunch-Chicken Strips, Mashed Potato w/Gravy, WG B/B Sandwich, Baby Carrots, Fresh Fruit, applesauce, Milk	9 B'kfst-Pancake on a Stick, Fruit, Juice, Milk Lunch-Sloppy Joe on WG Bun, Baked Beans, Baby Carrots, Mixed fruit, Cantaloupe, Milk	10 B'kfst-WG Biscuits and Sausage Gravy, Fruit, Juice, Milk Lunch-Cheesy Chicken Hotdish, Steamed Carrots, WG B/B Sandwich, Fresh Fruit, Pears, Milk	11 B'kfst-B'kfst Pizza, Fruit, Juice, Milk Lunch-Mini Corndogs, Broccoli w/Cheese Sauce, Banana, Peaches, Milk
14 B'kfst-Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch-Pizza Boats, Green Beans, Romaine/Spinach Salad, Pineapple, Oranges, Milk	15 B'kfst-Waffle, String Cheese, Fruit, Juice, Milk Lunch-Chicken Quesadilla, Broccoli w/Cheese Sauce, Applesauce, Pears, Milk	16 B'kfst-B'kfst Bagel, Fruit, Juice, Milk Lunch-Cheeseburger on WG Bun, FF, Baby Carrots, ½ Apple, Mandarin Oranges, Milk	17 B'kfst-Egg/Ham Combo, WG Toast, Fruit, Juice, Milk Lunch-Chicken Nuggets, Mashed Potato w/Gravy, WG B/B Sandwich, Fresh Fruit, Pears, Milk	18 B'kfst-Egg/Cheese Omelet, Fruit, Juice, Milk Lunch-Hot Dog, Baked Beans, Baby Carrots, Banana, Peaches, Milk
21 B'kfst-Egg/Cheese Biscuit, Fruit, Juice, Milk Lunch-Chicken Fajita on Soft Shell, Refried Beans, Romaine/Spinach Lettuce, Cheese, Tomato, Applesauce, Pears, Milk	22 B'kfst-Pancake on a Stick, Fruit, Juice, Milk Lunch-Rib on a WG Bun, Wedge Fries, Baby Carrots, Fresh Fruit, Peaches, Milk	23 B'kfst-B'kfst Pizza, Fruit, Juice, Milk Lunch-Pork Tender on WG Bun, Rice, Peas, Mandarin Oranges, Apple Wedge, Milk	24 B'kfst-French Toast Bites, Fruit, Juice, Milk Lunch-Crispito w/Cheese and Chili, WG B/B Sandwich, Corn, Applesauce, Orange Wedge, Milk	25 B'kfst-Ham/Egg Combo, WG Toast, Fruit, Juice, Milk Lunch-Beef Sticks, Mashed Potato w/Gravy, WG B/B Sandwich, Banana, Pears, Milk
28 B'kfst-Egg/Cheese Omelet, WG Toast, Fruit, Juice, Milk Lunch-Corndog, Broccoli w/Cheese Sauce, Baby Carrots, Fresh Fruit, Peaches, Milk	29 B'kfst-WG Biscuits w/ Sausage Gravy, Fruit, Juice, Milk Lunch-Pizza Boats, Green Beans, Romaine/Spinach Salad, Pineapple, Strawberries, Milk	30 B'kfst-Waffles, String Cheese, Fruit, Juice, Milk Lunch-Cheese Quesadilla, Corn, Romaine/Spinach Lettuce, Pears, Applesauce, Milk	31 B'kfst-B'kfst Pizza, Fruit, Juice, Milk Lunch-Chili w/Crackers, WG Cheese Sandwich, Baby Carrots, Apple crisp, Peaches, Milk	

This Institution is an Equal Opportunity Provider