October Breakfast Menu

2020

EQUAL OPPORTUNITY PROVIDER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Whole grain Chocolate chip Pancake, Syrup, Pear & Milk	2 Sausage Biscuit with jelly Orange & Milk	3
4	5 Original Pancake, Syrup, Apple & Milk	6 Whole grain Strawberry Pancake, Banana & Milk	7 Assorted Cereal & Bars, Grapes & Milk	8 Parent Teacher Conference	9 NIA	10
11	12 Columbus Day	13 Whole Grain Blueberry Waffle, Syrup, Fruit Cup & Milk	14 Assorted Pop Tart, Apple & Milk	15 Whole Grain Confetti Pancakes, Pear & Milk	16 Cinnamon Pretzel stick, Apple & Milk	17
18	19 Whole Grain Double chocolate muffin, Orange & Milk	20 Apple Frudel, Banana & Milk	21 Turkey Sausage pancake bites, Syrup, Banana & Milk	22 Whole grain Maple Pancake, Syrup, Fruit Cup & Milk	23 Whole grain Blueberry Muffin, Fruit juice & Milk	24
25	26 Assorted Cereal & Bars, Grapes & Milk	27 Original Pancake, Syrup, Apple & Milk	28 Banana Muffin, Oranges & Milk	29 Chocolate Chip French Toast, Banana & Milk	30 Cherry Frudel, Orange & Milk	31

October Lunch Menu 2020

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Spaghetti & Meatballs, Garlic toast, Steamed Broccoli, Fruit & Milk	2 Spicy Chicken sandwich with Cole slaw Fruit & Milk	3
4	5 Mediterranean Chicken Salad, with pita bread & tzatziki sauce, Fruit & Milk	6 Cheese Pizza w/ topping on the side, with side salad, Fruit & Milk	7 Baked chicken w/ mixed vegetable and mac & cheese Fruit & Milk	8 Parent Teacher Conference	9 NIA	10
11	12 Columbus Day	13 Chicken Taco w/ whole grain tortilla, cheese, sour cream, salsa, lettuce and tomato, Spanish rice, Fruit & Milk	14 Beef Hotdog on whole wheat bun, with baked chips, Fruit & Milk	15 Deli Sandwich on Whole Wheat bun, with Pasta salad, Fruit & Milk	16 Whole Grain Chicken Tenders, With Carrot and Celery Sticks, Curly fries, Fruit & Milk	17
18	19 Chicken noodle soup w/ mini deli sandwich Fruit & Milk	20 Lemon Herb Penne pasta, with tomato, broccoli, spinach, peppers, parmesan, garlic toast, Fruit & Milk	21 BBQ Rib sandwich on Whole wheat bun, with chips, Fruit & Milk	22 Meat or meatless Lasagna, with side salad Fruit & Milk	23 Chef Salad with Breadstick, Fruit & Milk	24
25	26 Meatloaf with gravy, mashed potatoes, and green beans Fruit & Milk	27 Cheeseburger on Whole wheat bun w/ lettuce, Crinkle cut fries, Fruit & Milk	28 Chicken Bacon Ranch wrap w/ lettuce cheese, chips Fruit & Milk	29 With or without meat Chili bowl, topped with cheese, sour cream, Jalapeno cornbread Fruit & Milk	30 BBQ Chicken, corn on the cob, Coleslaw Fruit & Milk	31