



Breakfast & Lunch Menu October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Cold Cut Sub Cucumbers Fresh Orange Mini Donuts Fresh Orange
4 Turkey Hot Dog Carrots Fresh Orange Honey Cheerios Crackers Fresh Apple	5 Pepperoni Pizza Broccoli Applesauce Waffles Fresh Orange	6 Chicken California Burrito Beans Watermelon Banana Bread Fresh Apple	7 Chicken Sandwich Green Leaf Sliced Peaches Yogurt & Crackers Fresh Apple	8 Cheeseburger Cucumbers Sliced Peaches Breakfast Sandwich Fresh Apple
11 Chicken Sandwich Steamed Corn Fresh Strawberries Froot Loops Cereal Crackers Fresh Apple	12 Pepperoni Pizza Broccoli Applesauce Berry French Toast Fresh Apple	13 Chicken Quesadilla Refried Beans Fresh Orange Strawberry Bagels Fresh Orange	14 Chicken Fried Rice & Steamed Veggies Carrots Watermelon Large Muffin Fresh Orange	15 Ham & Cheese Melt Carrots Grapes Sausage Biscuits Fresh Apple
18 	19	20	21	22 
25 Chicken Nuggets Mac N' Cheese Steamed Corn Mixed Fruit Golden Graham Cereal Bowl Crackers Fresh Apple	26 Pepperoni Pizza Broccoli Applesauce Waffles Fresh Orange	27 Bean & Cheese Nachos Salad Mix Sliced Oranges Strawberry Bagels Fresh Orange	28 Baked Beef Ziti Carrots Fresh Orange Mini Donuts Fresh Apple	29 Turkey & Bacon Grilled Sandwich Cucumbers Mixed Fruit Pizza Bagel Fresh Apple



skim, 1% Milk, and Alternative
Fruit and Vegetable
Offered Daily



Eat a balance meal by always adding
fruit and vegetables to your plate!

Menu is subject to change due to product availability

“This institution is an equal opportunity provider”