



October 2020



K-12 Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				October 1, 2020 Breakfast Rice Krispies ^, Graham Crackers ^, Applesauce, Grape Juice, Milk LUNCH Pizza Dippers ^ Marinara Dipping Sauce Green Beans Applesauce, Orange Juice Milk	October 2, 2020 Breakfast Blueberry Muffin ^, String Cheese, Mixed Fruit Cup, Blended Fruit Juice, Milk LUNCH Penne Pasta w/Meatsauce Breadstick ^ Mixed Vegetables Peach Cup, Craisins Milk
				October 5, 2020 BREAKFAST Cinnamon Toast Soft Filled Bar, Diced Pears, Orange Juice, Milk LUNCH Cheesy Chipotle Chicken w/Spanish Rice, Cornbread ^ Broccoli Mixed Fruit Cup Milk	October 6, 2020 BREAKFAST Waffles ^, Peach Cup, Apple Cran Juice, Syrup, Milk LUNCH Breaded Chicken Nuggets ^ Fiesta Beans, Sun Splash Veggie Juice Pear Cup, Blended Fruit Juice BBQ Sauce Milk
October 12, 2020 BREAKFAST Froot Loops ^, Graham Crackers ^, Pear Cup, Apple Cran Juice, Milk LUNCH General Tso's Chicken & Noodles Broccoli, Diced Carrots Apple Cran Juice, Peach Cup Chocolate Cookie ^ Milk	October 13, 2020 BREAKFAST Pillsbury Grape Crescent ^, Peach Cup, Blended Fruit Juice, Milk LUNCH Chicken Stirps w/Mac & Cheese Baked Beans, Sun Splash Veggie Juice Pear Cup, Grape Juice, Applesauce Honey, Crispy Granola Bites Milk	October 14, 2020 BREAKFAST Banana Muffin ^, String Cheese, Mixed Fruit Cup, Grape Juice, Milk LUNCH Hero Sandwich ^ Potato Rounds, Mixed Vegetables Apple Cran Juice, Pineapple Cup Mustard Milk	October 15, 2020 BREAKFAST Rice Krispies ^, Graham Crackers ^, Applesauce, Grape Juice, Milk LUNCH 4-Cheese Panini Sun Splash Veggie Juice Green Beans Pear Cup, Orange Juice Milk	October 16, 2020 BREAKFAST Blueberry Muffin ^, String Cheese, Mixed Fruit Cup, Blended Fruit Juice, Milk LUNCH Crispy Chicken Sandwich ^ Broccoli Diced Carrots Applesauce, Grape Juice Milk	
October 19, 2020 BREAKFAST Cinnamon Toast Soft Filled Bar, Diced Pears, Orange Juice, Milk LUNCH BBQ Chicken Tater Tot-Chos Cornbread ^ Sun Splash Veggie Juice Craisins, Mixed Fruit Cup Milk	October 20, 2020 BREAKFAST Pancakes ^, Peach Cup, Blended Fruit Juice, Syrup, Milk LUNCH Corn Dog on a Stick Whole Kernel Corn, Green Beans Apple Cran Juice, Pineapple Cup Mustard, Ketchup Milk	October 21, 2020 BREAKFAST Cinnamon Flakes ^, Maple Breakfast Square ^, Pineapple Tidbits, Blended Fruit Juice, Milk LUNCH Beef Rib-B-Que Sandwich ^ Fiesta Beans French Fries Peach Cup, Blended Fruit Juice Milk	October 22, 2020 BREAKFAST Frosted Flakes ^, Apple Bar ^, Craisins, Orange Juice, Milk LUNCH Chick' n Nuggets w/Potato Wedges Cornbread ^, Diced Carrots Pineapple Cup, Apple Cran Juice BBQ Sauce, Ketchup Milk	October 23, 2020 BREAKFAST Turkey Ham & Cheese on English Muffin ^, Pineapple Tidbits, Grape Juice, Milk LUNCH Meatloaf w/Tomato Sauce & Breadstick ^ Green Beans, Potato Rounds Mixed Fruit Cup, Grape Juice Vanilla Cookie ^ Milk	
October 26, 2020 BREAKFAST Froot Loops ^, Graham Crackers ^, Pear Cup, Apple Cran Juice, Milk LUNCH Cheesy Buffalo Chicken Rotini Breadstick ^ Mixed Vegetables, Broccoli Orange Juice, Peach Cup Milk	October 27, 2020 BREAKFAST Pillsbury Grape Crescent ^, Peach Cup, Blended Fruit Juice, Milk LUNCH Crunchy Chicken Tenders Baked Beans, Diced Carrots Applesauce, Craisins Honey, Animal Crackers ^ Milk	October 28, 2020 BREAKFAST Banana Muffin ^, String Cheese, Mixed Fruit Cup, Grape Juice, Milk Lunch Nashville (Hot) Popcorn Chicken Flour Tortilla ^ French Fries, Green Beans Peach Cup, Blended Fruit Juice Milk	October 29, 2020 Breakfast Rice Krispies ^, Graham Crackers ^, Applesauce, Grape Juice, Milk LUNCH Pizza Dippers ^ Marinara Dipping Sauce Green Beans Applesauce, Orange Juice Milk	October 30, 2020 Breakfast Blueberry Muffin ^, String Cheese, Mixed Fruit Cup, Blended Fruit Juice, Milk LUNCH Penne Pasta w/Meatsauce Breadstick ^ Mixed Vegetables Peach Cup, Craisins Milk	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% OR FAT FREE WHITE MILK

** MENU IS SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider ***