



October 2021

K-12 Breakfast & Lunch

				FRIDAY
				October 1, 2021
				BREAKFAST FRUITY CHEERIOS [^] , Strawberry Pancake Square [^] , Fresh Apple, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
BREAKFAST FROSTED FLAKES [^] , Apple Bar [^] , Dried Cranberries, Orange-Tangerine Juice, Milk LUNCH TURKEY CHEESE SANDWICH [^] , Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk	BREAKFAST STRAWBERRY YOGURT, Granola [^] , Pineapple Tidbits, Grape Juice, Milk LUNCH TURKEY HAM & CHEESE SANDWICH [^] , Italian Corn Salad, Pineapple Tidbits, Mustard, Milk	BREAKFAST RICE KRISPIES [^] , Honey Grahams [^] , Fresh Apple, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Cauliflower Florets, Diced peaches, Ranch Dressing, Mustard, Milk	BREAKFAST PILLSBURY GRAPE CRESCENT [^] , Fresh Banana, Fruit Punch Juice, Milk LUNCH STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread [^] , Milk	BREAKFAST BLUBERRY MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Pear, Mustard, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
BREAKFAST FRUITY CHEERIOS [^] , Maple Breakfast Square [^] , Craisins, Fruit Punch Juice, Milk LUNCH STRAWBERRY YOGURT, Cornbread [^] , String Cheese, Tropical Veggie Juice, Fresh Orange, Milk	BREAKFAST PLAIN BAGEL [^] , Cream Cheese, Mixed Fruit, Apple Juice, Milk LUNCH TURKEY HAM & CHEESE [^] , Sun Splash Veggie Juice, Fresh Baby Carrots, Mixed Fruit, Ranch Dressing, Mustard, Milk	BREAKFAST BANANA MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	BREAKFAST RASPBERRY CHERRY YOGURT, Granola [^] , Fresh Banana, Grape Juice, Milk LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	BREAKFAST FROSTED FLAKES [^] , Vanilla Waffle Square [^] , Fresh Apple, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 18, 2021	October 19, 2021	October 20, 2021	October 21, 2021	October 22, 2021
BREAKFAST RICE KRISPIES [^] , Strawberry Pancake Square [^] , Craisins, Apple Juice, Milk LUNCH TURKEY & CHEESE SANDWICH [^] , Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk	BREAKFAST CHERRY FRUDEL [^] , Diced Peaches, Fruit Punch Juice, Milk LUNCH VANILLA YOGURT, Cinnamon Bun [^] , String Cheese, Tropical Veggie Juice, Diced Pears, Milk	BREAKFAST DOUBLE CHOCOLATE MINI MUFFIN [^] , String Cheese, Fresh Apple, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Cauliflower Florets, Diced Peaches, Ranch Dressing, Mustard, Milk	BREAKFAST CINNAMON FLAKES [^] , Apple Bar [^] , Fresh Banana, Orange-Tangerine Juice, Milk LUNCH TURKEY HAM & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	BREAKFAST STRAWBERRY YOGURT, Granola [^] , Fresh Apple, Milk LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Pear, Mustard, Milk
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
BREAKFAST APPLE CINNAMON CHEERIOS [^] , Honey Grahams [^] , Craisins, Orange-Tangerine Juice, Milk LUNCH STRAWBERRY YOGURT, Cornbread [^] , String Cheese, Tropical Veggie Juice, Fresh Orange, Milk	BREAKFAST RASPBERRY CHERRY YOGURT, Granola [^] , Mixed Fruit Cup, Apple Juice, Milk LUNCH TURKEY HAM & CHEESE [^] , Sun Splash Veggie Juice, Fresh Baby Carrots, Mixed Fruit, Ranch Dressing, Mustard, Milk	BREAKFAST TRIX [^] , Maple Breakfast Square [^] , Fresh Apple, Milk LUNCH TURKEY & CHEESE SANDWICH [^] , Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	BREAKFAST CINNAMON BUN [^] , Fresh Banana, Fruit Punch Juice, Milk LUNCH HERO SANDWICH [^] , Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	BREAKFAST CHERRY BREAKFAST BAR [^] , String Cheese, Fresh Apple, Milk LUNCH TURKEY BOLOGNA SANDWICH [^] , Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS 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 ***