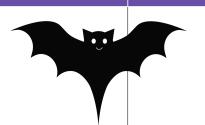


October 2021

K-12 Breakfast & Lunch





BREAKFAST FRUITY CHEERIOS[^], Strawberry Pancake Square[^], Fresh Apple, Milk

LUNCH

October 1, 2021

TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing, Mustard, Milk

FRIDAY

October 8, 2021

October 4, 2021 **BREAKFAST**

FROSTED FLAKES^, Apple Bar^. Dried Cranberries. Orange-Tangerine Juice, Milk

MONDAY

LUNCH

TURKEY CHEESE SANDWICH[^], Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk

MONDAY October 11, 2021

BREAKFAST

FRUITY CHEERIOS[^], Maple Breakfast Square[^], Craisins, Fruit Punch Juice, Milk

LUNCH

STRAWBERRY YOGURT, Cornbread^, String Cheese, Tropical Veggie Juice, Fresh Orange, Milk

TUESDAY October 5, 2021

BREAKFAST STRAWBERRY YOGURT, Granola^, Pineapple Tidbits, Grape

Juice, Milk LUNCH

TURKEY HAM & CHEESE SANDWICH[^]. Italian Corn Salad. Pineapple Tidbits, Mustard, Milk

TUESDAY

October 12, 2021

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

RICE KRISPIES^, Honey Grahams^, Fresh Apple, Milk

October 6, 2021

BREAKFAST

LUNCH

TURKEY BOLOGNA SANDWICH[^], Fresh Chopped Romaine, Fresh Cauliflower Florets. Diced peaches, Ranch Dressing, Mustard, Milk WEDNESDAY

October 13, 2021 **BREAKFAST**

BANANA MINI MUFFIN[^], String Cheese, Fresh Apple, Milk

LUNCH

TURKEY & CHEESE SANDWICH[^], Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk

October 7, 2021 **BREAKFAST**

PILLSBURY GRAPE CRESCENT^, Fresh Banana, Fruit Punch Juice, Milk

LUNCH

STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread^, Milk

THURSDAY

BREAKFAST

RASPBERRY CHERRY YOGURT,

Granola^, Fresh Banana, Grape Juice,

Milk LUNCH

HERO SANDWICH[^], Italian Corn

Salad, Fresh Apple Slices, Mustard,

Milk

BREAKFAST

BLUBERRY MINI MUFFIN^, String Cheese, Fresh Apple, Milk

LUNCH

HERO SANDWICH[^], Italian Corn Salad, Fresh Pear, Mustard, Milk

October 15, 2021 October 14, 2021

BREAKFAST

FRIDAY

FROSTED FLAKES[^], Vanilla Waffle Square^, Fresh Apple, Milk

LUNCH

TURKEY BOLOGNA SANDWICH[^], Fresh Chopped Romaine, Fresh Broccoli Florets, Fresh Banana, Ranch Dressing,

MONDAY

October 18, 2021 **BREAKFAST**

RICE KRISPIES^, Strawberry
Pancake Square^, Craisins,
Emit Punch Juice Milk Apple Juice, Milk

LUNCH

TURKEY & CHEESE SANDWICH[^], Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk

TUESDAY October 19, 2021

BREAKFAST Fruit Punch Juice, Milk

LUNCH

VANILLA YOGURT, Cinnamon Bun[^], String Cheese, Tropical Veggie Juice, Diced Pears, Milk

WEDNESDAY

October 20, 2021

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

October 21, 2021 **BREAKFAST**

THURSDAY

CIINNAMON FLAKES^, Apple Bar^, Fresh Banana, Orange-Tangerine Juice, Milk

LUNCH

TURKEY HAM & CHEESE SANDWICH[^], Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard

October 22, 2021 **BREAKFAST**

FRIDAY

STRAWBERRY YOGURT, Granola^, Fresh Apple, Milk

LUNCH

HERO SANDWICH[^]. Italian Corn. Salad, Fresh Pear, Mustard, Milk

MONDAY October 25, 2021

BREAKFAST APPLE CINNAMON CHEERIOS^, Honey Grahams^, Craisins, Orange-

LUNCH

STRAWBERRY YOGURT, Cornbread^, String Cheese, Tropical Veggie Juice, Fresh Orange, Milk

October 26, 2021 **BREAKFAST**

TUESDAY

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

October 27, 2021 **BREAKFAST**

WEDNESDAY

TRIX^, Maple Breakfast Square^, Fresh Apple, Milk

LUNCH

TURKEY & CHEESE SANDWICH[^], Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk

THURSDAY October 28, 2021

BREAKFAST CINNAMON BUN^, Fresh Banana, Fruit Punch Juice, Milk

LUNCH

HERO SANDWICH[^], Italian Corn Salad, Fresh Apple Slices, Mustard, Milk

October 29, 2021 **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 ***