October 2021

K-8 Breakfast & Lunch

				FRIDAY
				October 1, 2021
				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 4, 2021	October 5, 2021	October 6, 2021	October 7, 2021	October 8, 2021
BREAKFAST FRUIT LOOPS^, Maple Breakfast Square^, Orange Tangerine Juice, Craisins, Milk **LUNCH** TURKEY CHEESE SANDWICH^, Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk	**BREAKFAST** APPLE JACKS^, Vanilla Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** TURKEY HAM & CHEESE SANDWICH^, Italian Corn Salad, Pineapple Tidbits, Mustard, Milk	**BREAKFAST** FROSTED FLAKES^, Animal Graham Crackers, Strawberry-Kiwi Juice, Craisins, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Cauliflower Florets, Diced peaches, Ranch Dressing, Mustard, Milk	**BREAKFAST** COCOA PUFFS^, Strawberry Square^, Grape Juice, Applesauce Cup, Milk **LUNCH** STRAWBERRY YOGURT, String Cheese, Tropical Veggie Juice, Fresh Orange, Cornbread^, Milk	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 11, 2021	October 12, 2021	October 13, 2021	October 14, 2021	October 15, 2021
BREAKFAST GOLDEN GRAHAM CEREAL^, Vanilla Breakfast Square^, Apple Juice, Craisins, Milk **LUNCH** STRAWBERRY YOGURT, Cornbread^, String Cheese, Tropical Veggie Juice, Fresh Orange, Milk	**BREAKFAST** RICE KRISPIES^, Cherry Breakfast Bar^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** TURKEY HAM & CHEESE^, Sun Splash Veggie Juice, Fresh Baby Carrots, Mixed Fruit, Ranch Dressing, Mustard, Milk	**BREAKFAST** MINI WHEATS LITTLE BITES^, Graham Crackers^, Strawberry-Kiwi Juice, Craisins, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	**BREAKFAST** CINNAMON FROSTED FLAKES^, Strawberry Square^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, Mustard, Milk	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 FRUIT LOOPS^, Maple Breakfast Square^, Orange Tangerine Juice, Craisins, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Fresh Baby Carrots, Sun Splash Veggie Juice, Applesauce, Ranch Dressing Mustard, Milk	**BREAKFAST** APPLE JACKS^, Vanilla Breakfast Square^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** VANILLA YOGURT, Cinnamon Bun^, String Cheese, Tropical Veggie Juice, Diced Pears, Milk	**BREAKFAST** FROSTED FLAKES^, Animal Graham Crackers, Strawberry-Kiwi Juice, Craisins, Milk **LUNCH** TURKEY BOLOGNA SANDWICH^, Fresh Chopped Romaine, Fresh Cauliflower Florets, Diced Peaches, Ranch Dressing, Mustard, Milk	**BREAKFAST** COCOA PUFFS^, Strawberry Square^, Grape Juice, Applesauce Cup, Milk **LUNCH** TURKEY HAM & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Fresh Orange, Mustard, Milk	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
October 25, 2021	October 26, 2021	October 27, 2021	October 28, 2021	October 29, 2021
BREAKFAST GOLDEN GRAHAM CEREAL^, Vanilla Breakfast Square^, Apple Juice, Craisins, Milk **LUNCH** STRAWBERRY YOGURT, Cornbread^, String Cheese, Tropical Veggie Juice, Fresh Orange, Milk	**BREAKFAST** RICE KRISPIES^, Cherry Breakfast Bar^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** TURKEY HAM & CHEESE^, Sun Splash Veggie Juice, Fresh Baby Carrots, Mixed Fruit, Ranch Dressing, Mustard, Milk	**BREAKFAST** MINI WHEATS LITTLE BITES^, Graham Crackers^, Strawberry-Kiwi Juice, Craisins, Milk **LUNCH** TURKEY & CHEESE SANDWICH^, Hummus Cup, Fresh Baby Carrots, Orange Tangerine Juice, Mustard, Milk	**BREAKFAST** CINNAMON FROSTED FLAKES^, Strawberry Square^, Blended Fruit Juice, Peach Cup, Milk **LUNCH** HERO SANDWICH^, Italian Corn Salad, Fresh Apple Slices, 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 ****