

Breakfast OCTOBER 2020 Jr. Hi

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
ALL MENUS SUBJECT TO AVAILABILITY OF PRODUCT.			Muffin, Juice, Fresh Fruit, Low Fat Milk	Donut or Cereal, Fruit, Juice, Low Fat Milk
5	6	7	8	9
Cereal w String Cheese, Chilled Fruit, Juice, Low Fat Milk	Cinnamon Toast Sticks, OR Waffle Stix w Syrup OR Cereal, Chilled Pears, Juice, Low Fat Milk	Pop Tart, OR Cereal, Fresh Apple Slices, Juice, Low Fat Milk	Sausage Pizza, Chilled Fruit, Juice, Low Fat Milk	FALL BREAK!!
12	13	14	15	16
FALL BREAK!!	Chocolate Muffin or Cereal, Mixed Fruit, Fruit Juice, Low Fat Milk	Egg Omelet, Biscuit & Jelly, Orange Wedges, Juice, Low Fat Milk	Piggle Stick w Syrup, OR Cereal Diced Peaches, Juice, Low Fat Milk	Breakfast Pizza, Pineapple, Juice, Low Fat Milk
19	20	21	22	23
Muffin or Cereal, Mixed Fruit, Fruit Juice, Low Fat Milk	Sausage Biscuit, Chilled Fruit, Juice, Low Fat Milk	Apple Bosco Stick OR Cereal, Fresh Grapes, Juice, Low Fat Milk	Bacon Scramble Pizza, Chilled Fruit, Juice, Low Fat Milk	Waffle Sticks w Syrup OR Cereal, Chilled Fruit, Juice, Low Fat Milk
26	27	28	29	30
Cereal w String Cheese, Chilled Fruit, Juice, Low Fat Milk	Egg & Cheese Biscuit, Juice, Fruit, Low Fat Milk	Blueberry Muffin or Cereal, Mixed Fruit, Fruit Juice, Low Fat Milk	Bacon Scramble Pizza, Chilled Fruit, Juice, Low Fat Milk	WG Donut OR Cereal, Diced Peaches, Juice, Low Fat Milk

Lunch OCTOBER 2020-Jr. Hi.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
ALL MENUS SUBJECT TO AVAILABILITY OF PRODUCT.			Teriyaki Nuggets OR Chicken Nuggets, WG Roll, Pasta w Marinara Sauce, Peas & Carrots, Fruit, Low Fat Milk	Pizza, OR Calzone, Romaine Salad w Tomatoes & Ranch, Chilled Fruit, Low Fat Milk
5	6	7	8	9
Chicken Patty on WG Bun, OR Hamburger, Potato Wedges, Fresh Carrots & Ranch, Fruit, Low Fat Milk	Spaghetti w Meat Sauce, WG Bread Stick, Dragon Juice, Chilled Fruit, Low Fat Milk	Salisbury Steak, WG Roll, Mashed Potatoes & Gravy, Edamame, Chilled Fruit, Low Fat Milk	Chicken Smackers, WG Roll, Mashed Potatoes, Gravy, Glazed Carrots, Chilled Fruit Cup, Low Fat Milk	FALL BREAK!!
12	13	14	15	16
FALL BREAK!!	Chicken Nuggets, WG Roll, Mashed Potatoes, Gravy, Green Beans, Peaches, Low Fat Milk	Ham & Cheese on WG Bun, Potato Wedges, Dragon Juice, Fresh Fruit, Low Fat Milk	Tacos w Cheese & Lettuce OR Fajitas, Refried Beans, Seasoned Corn, WG Shell, Mandarin Oranges, Low Fat Milk	Macaroni & cheese, Bread Stick, Marinara Sauce (3oz.), Romaine Salad, Ranch Dressing, Grapes, Low Fat Milk
19	20	21	22	23
Cheeseburger on WG Bun, Fresh Carrots & Ranch, Oven Fries, Chilled Fruit, Low Fat Milk	Egg Omelet, French Toast Sticks, Potato Smiles (1/2 cup), Veggies & Ranch Spiced Apples, Low Fat Milk	Hot Dog on WG Bun, Baked Beans, Veggie Sticks, Fresh Fruit, Low Fat Milk	Chicken Smackers, WG Roll, Mashed Potatoes, Steamed Broccoli, Fruit, Low Fat Milk	Breaded Mozzarella Cheese Sticks, Marinara Sauce (3oz.), Cole Slaw, Fresh Fruit, Low Fat Milk
26	27	28	29	30
Chicken Patty on WG Bun, OR Hamburger, Potato Wedges, Peas, Fruit, Low Fat Milk	Pulled Pork BBQ OR Ribbe-Cue on WG Bun, Cole Slaw, Corn, Chilled Fruit, Low Fat Milk	Mini Corn Dogs, Baked Beans, Fresh Carrots & Ranch, Fresh Fruit, Low Fat Milk	Chili & Crackers, Bosco Stick, Veggies & Ranch Fruit, Low Fat Milk	Pizza, OR Fish on WG Bun, Romaine Salad with Tomatoes & Ranch Fresh Fruit, Low Fat Milk