

October 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutrition Totals
Menu subject to change A choice of low-fat milk & juice served daily ADULT LUNCHES ARE \$4.00					
		1	2 Mini Pancakes Juice & fruit Milk Roasted Chicken Mac & cheese Collard greens Oranges Roll Milk	1 Pop Tart Juice & fruit Milk Chicken Fajita Cheese & lettuce Corn Grapes Milk	
4 Frosted flakes Muffin Apple Juice & fruit milk Salisbury Steak w/rice Black-eyed peas Beets Diced peaches Whole Wheat Rolls	5 French Toast Sticks Orange Juice & fruit Milk WG Chicken Nuggets Green Peas Mashed Potatoes Grapes Whole Wheat Roll	6 Waffles Grape Juice & fruit Fruit Milk Beef Nachos and cheese Tortilla chips Green beans Applesauce Milk	7 Cinnamon Roll Orange Pineapple Juice Fruit Milk WG Pizza Toss Salad w/ Dressing Corn Orange Milk	8 Pop Tart Assorted Juice Fruit Milk Corn dog or PB&J Yams Broccoli and cheese Banana	
11 Yogurt Granola Juice & fruit Milk Cheeseburger Corn on the cob Green Beans Mandarin Oranges Milk	12 WG Donut Juice & fruit Milk Hot Dog w/ Chili French Fries Baked Beans Apple Milk	13 Cinnamon Toast Crunch Muffin Juice & fruit Milk Turkey Ham or PB& J sandwich Cheese sticks Carrots w/ Ranch dressing Grapes Milk	14 Mini Pancakes Juice & fruit Milk Roasted Chicken Mac & cheese Collard greens Oranges Roll Milk	15 Pop Tart Juice & fruit Milk Tacos Lettuce & cheese Corn Banana	
18 Froot Loops Muffins Orange Juice Fruit Milk Sausage & Cabbage Black eyed peas Roll Apple Milk	19 Chicken Biscuit Juice & fruit Milk Spaghetti w/ cheese Salad Beets Rolls Orange Milk	20 Cinnamon Toast Crunch Muffin Juice & fruit Milk Chicken Sandwich Green Beans Glazed Carrots Grapes Milk	21 Muffins Juice & fruit Milk Meatball Sub w/ cheese Lima beans Mandarin Oranges Milk	22 Teacher Work Day No School	
25 Frosted flakes Muffin Apple Juice & fruit milk Salisbury Steak w/rice Black-eyed peas Beets Diced peaches Whole Wheat Rolls	26 French Toast Sticks Orange Juice & fruit Milk WG Chicken Nuggets Green Peas Mashed Potatoes Grapes Whole Wheat Roll	27 Waffles Grape Juice & fruit Fruit Milk Beef Nachos and cheese Tortilla chips Green beans Applesauce Milk	28 Cinnamon Roll Orange Pineapple Juice Fruit Milk WG Pizza Toss Salad w/ Dressing Corn Orange Milk	29 Pop Tart Assorted Juice Fruit Milk Corn dog or PB&J Yams Broccoli and cheese Banana	

The USDA is an equal opportunity provider and employer