

October 2019

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------|---|---|--|--|---|
| Breakfast 7:00-7:30 am | Assorted Cereals & Yogurt Fruit/Juice/Milk | Waffle/French Toast Or Pancakes Turkey Sausage Links Fruit/Juice /Milk | Hot Breakfast Scramble Fruit/Juice/Milk | Hot Breakfast Sandwich Fruit/Juice/Milk | Breakfast Pastry Assorted Yogurt Fruit/Juice/Milk |

HOT LUNCH — 4 WEEK ROTATION

| Weekly Fruits and Vegetables | Sept 30 | Oct 1 | Oct 2 | Oct 3 | Oct 4 |
|---|--|--|---|--|---|
| Potato Salad Fresh Baby Carrots Italian Marinaded Veggies Golden Corn Vegetable of The Day Assorted Fruit | Chicken Tenders w/Dipping Sauce Soft Pretzel w/Cheese or WG Sweet roll Broccoli Florets Or Choice Of Cheeseburger Chef Salad PB&J /Deli Meal | Grilled Chicken w/Cheese WG Lett,Tom,PickleSpear Red Beans & Rice Or Choice Of Cheeseburger Chef Salad PB&J /Deli Meal | Mini Turkey Corn Puppies w/Veggie Baked Beans, Sherbet Cup Or Choice Of Cheeseburger Chef Salad PB&J /Deli Meal | Breaded Chicken Parmesan w/ WG Noodle Garlic Bread Green Beans Or Choice Of Cheeseburger Chef Salad PB&J /Deli Meal | Grilled Cheese On WG Texas Toast w/Tomato Soup Assorted Juice Cup WG Cookie Or Choice Of Cheeseburger Chef Salad PB&J /Deli Meal |
| Weekly Fruits and Vegetables | Oct 7 | Oct 8 | Oct 9 | Oct 10 | Oct 11 |
| Veggie Juice Pasta Salad Roasted Chick Peas Calif Blend Veggies Vegetable of the Day Assorted Fruit | Breaded Chicken Breast WG Bun w/Pickles Sweet Potato Waffle Fries Or Choice Of Nachos w/Cheese Chef Salad PB&J /Deli Meal | Steak Hoagie WG Roll Saute Onions Cheddar Mashed Potato's Or Choice Of Nachos w/Cheese Chef Salad PB&J /Deli Meal | Pepp/Cheese Bosco Stick w/Marinara Cup Spinach Salad w/Turkey Bacon & Egg Or Choice Of Nachos w/Cheese Chef Salad PB&J /Deli Meal | Buffalo Chicken Mac & Cheese w/WG Roll Sauté Cabbage Or Choice Of Nachos w/Cheese Chef Salad PB&J /Deli Meal | Beef Nachos w/Salsa, Cheese, Jalapenos Hispanic Day Gallo Pinto Warm Cinn Apples Or Choice Of Nachos w/Cheese Chef Salad PB&J /Deli Meal |
| Weekly Fruits and Vegetables | Oct 14 | Oct 15 | Oct 16 | Oct 17 | Oct 18 |
| Ranch Potato Salad Fresh Carrots Edamame Salad Roasted Broccoli Vegetable of the Day Assorted Fruit | Chicken & Waffles Squash Medley Or Choice Of Spicy Chicken Sand Chef Salad PB&J /Deli Meal | Cheeseburger Meatloaf Sauté Onions & Pickles Augratin Potatos Or Choice Of Spicy Chicken Sand Chef Salad PB&J /Deli Meal | Orange Chicken Peppers/Onions Fried Brown Rice Veggie Eggroll Or Choice Of Spicy Chicken Sand Chef Salad PB&J /Deli Meal | Cincy Chili 3-Way Cheese, Onions WG Noodles/Crackers Roasted Carrots Or Choice Of Spicy Chicken Sand Chef Salad PB&J /Deli Meal | Fiesta Beef Pizza SouthWest Ranch Refried Beans Or Choice Of Spicy Chicken Sand Chef Salad PB&J /Deli Meal |
| Weekly Fruits and Vegetables | Oct 21 | Oct 22 | Oct 23 | Oct 24 | Oct 25 |
| Broccoli Salad Fresh Baby Carrots Tomato/Cucumber Salad Roasted Redskin Potatoes Vegetable of the Day Assorted Fruit | Philly Steak & Cheese Wrap w/Peppers & Onions Pinto Beans Or Choice Of Bosco Sticks Chef Salad PB&J /Deli Meal | Breaded Chicken Wings w/Corn Bread Collard Greens Or Choice Of Bosco Sticks Chef Salad PB&J /Deli Meal | Fish W/Cheese WG Bun Lett, Tartar Sauce French Fries Or Choice Of Bosco Sticks Chef Salad PB&J /Deli Meal | Chicken Pot Pie WG Roll Corn Cobbett Assorted Juice Cup Or Choice Of Bosco Sticks Chef Salad PB&J /Deli Meal | NO SCHOOL IN —SERVICE DAY |
| Weekly Fruits and Vegetables | Oct 28 | Oct 29 | Oct 30 | Oct 31 | Nov 1 |
| Potato Salad Fresh Baby Carrots Italian Marinaded Veggies Golden Corn Vegetable of The Day Assorted Fruit | Chicken Tenders w/Dipping Sauce WG Roll Broccoli Florets Or Choice Of Cheeseburger Chef Salad PB&J /Deli Meal | Grilled Chicken w/Cheese WG Lett,Tom,PickleSpear Red Beans & Rice Or Choice Of Cheeseburger Chef Salad | Mini Turkey Corn Puppies Veggie Baked Beans, Pudding Cup Or Choice Of Cheeseburger Chef Salad | Breaded Chicken Parmesan w/ WG Noodle Garlic Bread Green Beans Or Choice Of Cheeseburger Chef Salad | Grilled Cheese On WG Texas Toast w/TomatoSoup, WG Cooki Assorted Juice Cup Or Choice Of Cheeseburger Chef Salad PB&J /Deli Meal |

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER ALL MEALS REQUIRE FRUIT, JUICE OR VEGETABLE MILK AVAILABLE DAILY
BREAKFAST \$1.50 PAID / \$.30 REDUCED LUNCH \$3.00 PAID / \$.40 REDUCED

