

Menu for October 2021

Grants Pass School District No. 7

All grains served are whole grain-rich. Milk - White 1%, Skim, or Non Fat Chocolate
Vegetables for the week will include—Dark Green, Red/Orange, Beans/Peas, Starchy, and
Additional Vegetables

BLUEBERRIES



Farm to School

Farm to School connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers. To learn more visit www.farmtoschool.org.

MENU SUBJECT TO CHANGE

“This institution is an equal opportunity provider.”



Friday, Oct. 1

Breakfast
Frudel

Lunch
Pizza
or PBJ Sandwich

Daily, Fruit, Vegetable,
and Milk Variety

Monday, Oct. 4	Tuesday, Oct. 5	Wednesday, Oct. 6	Thursday, Oct. 7	Friday, Oct. 8
<p>Breakfast Cereal Bar</p> <p>Lunch Chicken Sandwich or PBJ Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Mini Waffles</p> <p>Lunch Teriyaki Chicken w/Rice or Deli Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Fruit Bread</p> <p>Lunch Cheesy Breadsticks w/Marinara or Hot Diggity Dog <i>Tater Patty</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Breakfast Pancake on a Stick</p> <p>Lunch Quesadilla or Deli Sandwich <i>Cowboy Bean Salad</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>NO CLASSES</p>



Berry Pizzas

Ingredients

- 1 **English muffin** (try whole grain)
- 2 Tablespoons reduced-fat **cream cheese** (see **Notes**)
- 2 Tablespoons sliced **strawberries**
- 2 Tablespoons **blueberries**
- 2 Tablespoons crushed **pineapple**

Directions

1. Wash hands with soap and water.
2. Split open the English muffin and toast the halves until lightly browned.
3. Spread cream cheese on both halves.
4. Divide the fruit between the two muffin halves and arrange on top of cream cheese.

These are best when served immediately. Refrigerate leftovers within 2 hours.

Notes

- Use any combination of fruit for topping the pizza, such as apples, raisins, pears or peaches.
- No cream cheese? Try peanut butter or sunflower seed butter.
- Sprinkle with nuts or seeds for added crunch.
- Make your own **whipped** cream cheese for easy spreading. Use an electric hand mixer to gradually beat 4 tablespoons of milk into 8 ounces of cream cheese. To make it fruit flavored, add any chopped, soft fruit (fresh, canned, or frozen) while beating. Store in a covered container in the refrigerator.

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<p>Monday, Oct. 11</p> <p>Breakfast Fruit Muffin</p> <p>Lunch Chicken Nuggets or PBJ Sandwich <i>Tater Fries</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Oct. 12</p> <p>Breakfast French Toast</p> <p>Lunch Mac and Cheese or Deli Sandwich <i>Cheddar Goldfish</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Oct. 13</p> <p>Breakfast Warm Oatmeal</p> <p>Lunch Burger or BBQ Popcorn Chicken Wrap</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Oct. 14</p> <p>Breakfast Breakfast Burrito</p> <p>Lunch Nacho Box or Deli Sandwich <i>Refried Beans</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Oct. 15</p> <p>Breakfast Cinnamon Bun</p> <p>Lunch Calzone or PBJ Sandwich <i>Cookie</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
<p>Monday, Oct. 18</p> <p>Breakfast Benefit Bar</p> <p>Lunch Roasted Chicken w/Corn Muffin or PBJ Sandwich <i>Baked Beans</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Oct. 19</p> <p>Breakfast Mini Pancakes</p> <p>Lunch Saucy Spaghetti or Deli Sandwich <i>Cheez-Its</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Oct. 20</p> <p>Breakfast Yogurt w/Grahams</p> <p>Lunch Corn Dog or BBQ Pulled Pork Wrap <i>Tater Patty</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Oct. 21</p> <p>Breakfast Warm Breakfast Sandwich</p> <p>Lunch Pinto Bean and Cheese Burrito or Deli Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Oct. 22</p> <p>Breakfast Frudel</p> <p>Lunch Manager's Choice</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>
<p>Monday, Oct. 25</p> <p>Breakfast Cereal Bar</p> <p>Lunch Chicken Sandwich or PBJ Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Tuesday, Oct. 26</p> <p>Breakfast Mini Waffles</p> <p>Lunch Teriyaki Chicken w/Rice or Deli Sandwich</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Wednesday, Oct. 27</p> <p>Breakfast Fruit Bread</p> <p>Lunch Cheesy Breadsticks w/Marinara or Hot Diggity Dog <i>Tater Fries</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Thursday, Oct. 28</p> <p>Breakfast Pancake on a Stick</p> <p>Lunch Quesadilla or Deli Sandwich <i>Cowboy Bean Salad</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>	<p>Friday, Oct. 29</p> <p>Breakfast Mini Breakfast Bites</p> <p>Lunch BBQ Riblet Sandwich or PBJ Sandwich <i>Blueberry/Peach Bling</i></p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>