

ARÁNDANOS



De la granja a la escuela
Farm to School conecta escuelas (K-12) y granjas locales con el objetivo de servir comidas saludables en las cafeterías escolares, mejorar la nutrición de los estudiantes, brindar oportunidades de educación sobre agricultura, salud y nutrición, y apoyar a los agricultores locales y regionales. Para obtener más información, visite www.farmtoschool.org.

MENU "Esta institución es un proveedor que ofrece igualdad de oportuni-

SUJETO A CAMBIOS

Menu for October 2021 Distrito Escolar No. 7 de Grants Pass

Todos los cereales que se sirven son ricos en cereales integrales. Leche: chocolate blanco al 1%, descremado o sin grasa
Las verduras de la semana incluirán: verde oscuro, rojo / naranja, frijoles / guisantes, almidón y verduras adicionales



Viernes 1 de octubre

Desayuno
Frudel

Almuerzo
Pizza
o PBJ Sandwich

Variedad diaria, de frutas, verduras y leche

Lunes 4 de octubre

Desayuno
Cereal Bar

Almuerzo
Chicken Sandwich or
PBJ Sandwich

Variedad diaria, de frutas, verduras y leche

Martes 5 de octubre

Desayuno
Mini Waffles

Almuerzo
Teriyaki Chicken w/Rice
or Deli Sandwich

Variedad diaria, de frutas, verduras y leche

Miércoles 6 de octubre

Desayuno

Fruit Bread
Almuerzo
Cheesy Breadsticks
w/Marinara or Hot
Diggity Dog
Tater Patty

Variedad diaria, de frutas, verduras y leche

Jueves 7 de octubre

Desayuno
Pancake on a Stick

Almuerzo
Quesadilla
or Deli Sandwich
Cowboy Bean Salad

Variedad diaria, de frutas, verduras y leche

Viernes 8 de octubre

**NO HAY
CLASES**



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.

“This institution is an equal opportunity provider.”

<p>Monday, Oct. 11</p> <p>Breakfast Fruit Muffin</p> <p>Lunch Chicken Nuggets or PBJ Sandwich Tater Fries</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 Cheddar Goldfish</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 Refried Beans</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 Cookie</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 Baked Beans</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 Cheez-Its</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 Tater Patty</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 Tater Fries</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 Cowboy Bean Salad</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 Blueberry/Peach Bling</p> <p>Daily, Fruit, Vegetable, and Milk Variety</p>