

# Menús para Octubre 2021

## Escuela Secundaria del Distrito Escolar No.7 de Grants Pass



Lunes	Martes	Miercoles	Jueves	Viernes
				<b>1</b> Cinnamon Bun  Pizza PBJ Sandwich
<b>4</b> Breakfast Round  Cheesy Breadsticks/Marinara PBJ Sandwich	<b>5</b> Asst. Muffins  BBQ Rib Sandwich PBJ Sandwich	<b>6</b> Bagel Day  Chicken Sandwich PBJ Sandwich	<b>7</b> Breakfast Sandwich  Burrito Chicken Wrap	<b>8</b>  <b>Día de desarrolla Profesional</b> <b>No hay clases</b>
<b>11</b> French Toast Stix  Chicken Strips PBJ Sandwich	<b>12</b> Biscuit w/Gravy  Spaghetti Deli Sandwich	<b>13</b> Fruit Frudel  Burgers PBJ Sandwich	<b>14</b> Breakfast Burrito  Quesadilla Deli Sandwich	<b>15</b> Cinni Variety  Pizza Pocket PBJ Sandwich
<b>18</b> Waffle Variety  Chicken Nuggets PBJ Sandwich	<b>19</b> Breakfast Bread  Pizza Calzone Deli Sandwich	<b>20</b> Pancake on Stick  Chicken Sandwich PBJ Sandwich	<b>21</b> Breakfast Round  Beef Nachos Deli Sandwich	<b>22</b> Buttermilk Bar  Cheesy Breadsticks/ Marinara PBJ Sandwich
<b>25</b> Mini Pancakes  Chicken Strips PBJ Sandwich	<b>26</b> Asst. Muffins  Corn Dog Deli Sandwich	<b>27</b> Bagel Day  Burgers PBJ Sandwich	<b>28</b> Breakfast Sandwich  Quesadilla Deli Sandwich	<b>29</b> Cinni Variety  Pizza PBJ Sandwich

**Desayuno diario**  
**Ofrendas**  
 Benefit Bars  
 Cereal  
 Frutas variadas  
 Jugo 100% Fruta  
 Variedad de leche

**Desayuno diario**  
**Ofrendas**  
 Fruta fresca o enlatada  
 Vegetal Caliente o  
 Variedad de vegetales  
 frescos  
 Jugo 100% Fruta  
 Variedad de leche  
 Mié. - Papas  
 Lun. o jueves - Frijoles





Full Lunch Includes

Entrée (meat or meat alternative)

Grain or Bread

Fruits / Vegetables (2 Servings)

Low Fat White or Non Fat Chocolate Milk (1 Serving)

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