

October 2021 Elementary

Meal	Monday 4-Oct	Tuesday 5-Oct	Wednesday 6-Oct	Thursday 7-Oct	Friday 8-Oct
Meal 1					
Breakfast	Cereal Bowl	Muffin	Breakfast Pastry	Breakfast Kit w/Juice	BeneFit Bar
Juice and:	Applesauce	Orange Slices	Apple Slices	Peaches	Pears
Lunch					
Entree	Turkey Stick/Cheese/Chips & Salsa	Chicken Tenders	Beef Rib B-Q	Hamburger/Bun	Deli Sub
Veg Entree	Cheese Filled Breadsticks/Marinara	Chalupa/Salsa	Sunbutter & Bug Bites	Omelet/Muffin	Pizza
Veggies	Broccoli Black Beans	Zucchini Coins Roasted Potatoes	Garden Salad Green Beans	Carrots Emoji Fries	Red Pepper Strips Cucumbers
Fruit	Pears	Pineapples	Peaches	Orange Slices	Apple Slices
Meal 2	11-Oct	12-Oct	13-Oct	14-Oct	15-Oct
Breakfast		Mini Pancakes	Breakfast Kit w/Juice	Zucchini Bread	Cereal Bar
Juice and:		Peaches	Applesauce	Apple Slices	Orange Slices
Lunch	NO SCHOOL - Columbus Day				
Entree		All Beef Hot Dogs	Chicken Nuggets/Dinner Roll	Walking Taco	Chicken Patty/Bun
Veg Entree		Bean & Cheese Burrito/Salsa	Vegetarian Nuggets	Grilled Cheese	Cheese Filled Breadsticks/Marinara
Veggies		Celery/Carrot Sticks Vegetarian Beans	Red Pepper Strips Cucumbers	Grape Tomatoes Refried Beans	Broccoli Florets Seasoned Potato Wedges
Fruit		Strawberries	Pineapples	100% Juice Ice Slushie	Apple Slices
Meal 3	18-Oct	19-Oct	20-Oct	21-Oct	22-Oct
Breakfast	Mini Cinnis	Breakfast Bar	Banana Bread	Breakfast Kit w/Juice	Cereal Bowl
Juice and:	Applesauce	Peaches	Orange Slices	Fruit Cocktail	Apple Slices
Lunch					
Entree	Corn Dog or Mini Corn Dogs	Turkey Stick/Cheese/Grain	Chicken Tenders	Beef Flatbread Sandwich	Chicken & Rice Bowl
Veg Entree	Cheese Quesadilla/Salsa	Pizza	Deli Sub	Build Your Own Flatbread Pizza	Vegetarian Rice Bowl
Veggies	Grape Tomatoes Refried Beans	Broccoli Florets Garden Salad	Carrot Sticks Green Beans	Cucumbers Baked Fries	Garden Salad Oriental Vegetables
Fruit	Applesauce	Pears	Mandarin Oranges	Orange Slices	Apple Slices
Meal 4	25-Oct	26-Oct	27-Oct	28-Oct	29-Oct
Breakfast	Breakfast Kit W/Juice	Mini Pancakes	Cereal Bowl	Fruit Filled Pastry	Breakfast Bar
Juice and:	Orange Slices	Applesauce	Mandarin Oranges	Apple Slices	Applesauce
Lunch					
Entree	Chicken Nuggets/Dinner Roll	Fish Sandwich or Sticks	Sloppy Joe w/Chips	All Beef Hot Dogs	Chicken Nachos
Veg Entree	Vegetarian Nuggets	Cheesy Tots w/Broccoli & Cornbread	Omelet/Muffin	Grilled Cheese	Pizza
Veggies	Garden Salad Red Pepper Strips	Carrot/Celery Sticks Roasted Potatoes	Broccoli Florets Waffle Fries	Cauliflower Florets Tomato Soup	Red Pepper Strips Black Beans
Fruit	Peaches	100% Juice Ice Slushie	Orange Slices	Apple Slices	Mandarin Oranges
Meal 5	1-Nov	2-Nov	3-Nov	4-Nov	5-Nov
Breakfast	Breakfast Kit w/Juice	Mini Cinnis	Yogurt/Bug Bites	BeneFit Bar	Cereal Bowl
Juice and:	Fruit Cocktail	Applesauce	Peaches	Orange Slices	Apple Slices
Lunch					
Entree	Oranges Chicken/Rice	Wrap Sandwich	Burrito Bowl	Beef Sub Sandwich	Chicken Patty/Bun
Veg Entree	Sunbutter Pack	Lasagna	Cheese Filled Breadsticks/Marinara	Yogurt/Cheese/Grain	Mac & Cheese
Veggies	Jicama/Beet Sticks Oriental Vegetables	Zucchini Coins Cucumber Slices	Garden Salad Black Beans	Red Pepper Strips Sweet Potato Fries	Broccoli Florets Whole Kernel Corn
Fruit	100% Juice Ice Slushie	Peaches	Juice	Pineapples	Pears