

October 2021

MONDAY

This institution is an equal opportunity provider.

MENU IS SUBJECT TO CHANGE.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Mini Waffles

1

CHEESEBURGER
OR HAMBURGER
OR EZ JAMMER

Chips, Lettuce, Pickle, Tomato, Milk

Breakfast Burrito

4

CHICKEN NUGGETS
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Peaches, Milk

Muffin

UNCRUSTABLES

String Cheese, Elf
Grahams, Applesauce,
Baby Carrots, Milk
GRAB & GO MEAL SERVICE
All school kitchens open
for meal pickup from 10
a.m. until 12 p.m.

5

Breakfast Pizza

6

MAC & CHEESE
OR MUFFIN BASKET
OR MEAT & CRACKERS
LUNCHABLE

Green Beans & Carrots,
Applesauce Cup, Milk

French Toast Sticks

7

**GRILLED CHEESE &
TOMATO SOUP**
OR MUFFIN BASKET
OR TURKEY SANDWICH

Corn, Mixed Fruit, Orange
Slices, Lettuce, Pickle,
Tomato, Milk

Dutch Waffle

8

**BREADED CHICKEN
SANDWICH**
OR SPICY CHICKEN
SANDWICH
OR EZ JAMMER

Chips, Lettuce, Pickle,
Tomato, Milk

Pancakes

11

**DRUMSTICK with
CORN MUFFIN**
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Green Beans, Peaches,
Milk

Breakfast Pizza

12

PIZZA
OR MUFFIN BASKET
OR TURKEY HAM
SANDWICH

Cookie, Strawberries,
Apple, Broccoli, Lettuce,
Pickle, Tomato, Milk

French Toast Sticks

13

CORN DOG
OR EZ JAMMER

Chips, Milk

14

FALL RECESS

15

Breakfast Burrito

18

**POPCORN CHICKEN
& WAFFLES**
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Syrup, Cookie, Broccoli,
Peaches, Milk

Pancakes

19

HOT DOG
OR MUFFIN BASKET
OR TURKEY HAM
SANDWICH

Potato Wedges, Lettuce,
Pickle, Tomato, Pears, Milk

Breakfast Pizza

20

TERIYAKI CHICKEN & RICE
OR MUFFIN BASKET
OR MEAT & CRACKERS
LUNCHABLE

Green Beans & Carrots,
Applesauce, Milk

French Toast Sticks

21

CHICKEN NUGGETS
OR MUFFIN BASKET
OR TURKEY SANDWICH

Rice Krispies Treat, Corn,
Mixed Fruit, Lettuce,
Pickle, Tomato, Milk

Dutch Waffle

22

CHEESEBURGER
OR HAMBURGER
OR EZ JAMMER

Chips, Lettuce, Pickle,
Tomato, Milk

Pancakes

25

CHILI & CHIPS
OR MUFFIN BASKET
OR PIZZA LUNCHABLE

Corn, Peaches, Milk

Breakfast Pizza

26

PIZZA
OR MUFFIN BASKET
OR TURKEY HAM
SANDWICH

Green Beans, Apple,
Strawberries, Lettuce,
Pickle, Tomato, Milk

French Toast Sticks

27

COUNTRY FRIED STEAK
OR MUFFIN BASKET
OR MEAT & CRACKERS
LUNCHABLE

Dinner Roll, Mashed
Potatoes, Gravy, Broccoli,
Applesauce, Milk

Biscuits & Gravy

28

CHEESE ENCHILADAS
OR MUFFIN BASKET
OR TURKEY SANDWICH

Pudding, Pears, Salsa,
Lettuce, Pickle, Tomato,
Milk

Mini Waffles

29

**BREADED CHICKEN
SANDWICH**
OR SPICY CHICKEN
SANDWICH
OR EZ JAMMER

Cookie, Chips, Lettuce,
Pickle, Tomato, Milk

2021-2022 MEAL PRICES

ALL STUDENTS, regardless of income status may receive one **FREE** breakfast and one **FREE** lunch each day they attend school during the 2021-2022 school year.

ADULT MEALS & 2nd STUDENT MEALS

Breakfast	\$2.50
Lunch	\$3.50

During **BREAKFAST**, cereal and muffins are offered as daily alternatives to the breakfast entrée. Milk, fruit and juice are offered daily at breakfast time.

During **LUNCH**, students must choose at least 3 of the following 5 components: **Low-fat milk, whole grains, fruits, vegetables, and protein.** When choosing ingredients and entrees to serve for our program we look for foods that are **lean, low-fat, low-sodium, low-sugar, and whole grain rich.** Students are able to choose whichever healthy foods they like best.

½ CUP OF FRUIT OR VEGETABLE MUST BE TAKEN WITH EACH MEAL.

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