

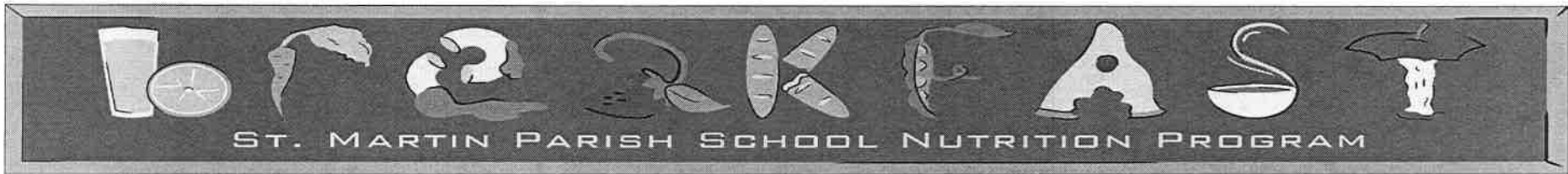
October 2021 * Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>4</p> <p>Spaghetti & Meatsauce 1 cup Seasoned Corn ¼ cup Broccoli w/Cheese ½ cup Craisins ½ cup WW Dinner Roll, 2 oz</p>	<p>5</p> <p>Corndog 1 each French Fries ½ cup Pork and Beans ½ cup Fruit Cup ½ cup</p>	<p>6</p> <p>Beef Stew (2 oz) Mashed Potatoes Mixed Vegetables ½ cup Strawberry Cup ½ cup WW Roll 2 oz</p>	<p>7</p> <p>Crispy Chicken Sandwich Sweet Potato Rounds ½ cup Carrot Sticks ½ cup Fresh Fruit ½ cup</p>	<p>8</p> <p>Salisbury Steak (2 oz) w/Gravy Steamed Rice ½ cup White Beans ½ cup Seasoned Corn ¼ cup Fresh Banana Half Hot WW Roll, 2 oz</p>
<p>11</p> <p>Pepperoni Pizza – 1 slice Steamed Corn ½ cup Carrot Sticks ¼ cup w/Ranch 1 oz Fruit Cocktail ½ cup Fruit Slush ½ cup</p>	<p>12</p> <p>Chicken Nuggets (5 ea) Tater Tots ½ cup Steamed Broccoli ½ cup Chilled Peaches ½ cup WW Cinnamon Roll – 1 oz</p>	<p>13</p> <p>Chili w/Cheese ¾ cup California Veggies ½ cup Popeye Salad ½ cup Apple Slices ½ cup Cornbread 1 oz</p>	<p>14</p> <p>Baked Chicken Thighs 1 each Rice Dressing ½ cup Baked Beans ½ cup Sweet Potatoes ¼ cup Fruit Cocktail ½ cup Homemade WW Roll 2 oz</p>	<p>15</p> <p>Meatloaf (2 oz) w/Gravy Mashed Potatoes ½ cup Lima Beans ½ cup Fresh Orange Wedges ½ cup Hot WW Roll, 2 oz</p>
<p>18</p> <p>Steak Fingers (4 ea) Mashed Potatoes w/ Gravy ½ cup Green Beans ½ cup Fresh Fruit ½ cup Homemade WW Roll 2 oz</p>	<p>19</p> <p>BBQ Pork or Rib Patty on Bun 1 each Sweet Potato Fries ½ cup Carrot Sticks w/Ranch Dressing ½ cup Orange Juice Slush ½ cup</p>	<p>20</p> <p>Beef Frito Pie (2 oz) Corn Chips ½ cup Cheese Sauce Cup 2 oz Shredded Lettuce & Tomato ½ cup Refried Beans ½ cup Strawberry Applesauce ½ cup</p>	<p>21</p> <p>Sausage w/Tomato Gravy ¾ cup Steamed Rice ½ cup Steamed Corn ¼ cup White Beans ½ cup Chilled Pears ½ cup Homemade WW Roll 2 oz Beef</p>	<p>22</p> <p>Parent/Teacher Conference No School</p>
<p>25</p> <p>Professional Development No School</p>	<p>26</p> <p>Meatball Stew (2 oz) Steamed Rice ½ cup Green Peas ½ cup Sweet Potatoes ¼ cup Apple Wedges ½ cup Homemade WW Roll 2 oz</p>	<p>27</p> <p>Beef or Chicken (2 oz) Tacos Refried Beans ½ cup Lettuce & Tomato Cup ½ cup Mixed Fruit ½ cup Graham Crackers 1 oz</p>	<p>28</p> <p>Hot Dog w/Chili 1 each Sweet Potato Tots ½ cup Pork & Beans ¼ cup Fruit Cup ½ cup Angelic Brownie 1 oz</p>	<p>29</p> <p>Sliced Pork Roast 2 oz Rice Dressing ½ cup Green Beans ½ cup Popeye Salad ½ cup Chilled Pears ½ cup Homemade WW Roll 1 oz</p>

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OCTOBER 2021 • Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cereal Choice ¾ cup Honey Graham Crackers 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	5 French Toast Sticks (3 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	6 Banana Bread Loaf (1 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	7 Pancake Pup – 1 each 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	8 Glazed Donut – 1 each 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each
11 Breakfast Sausage Pizza 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	12 Blueberry Muffin 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	13 Buttermilk Pancakes (2 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	14 Cereal Choice ¾ cup Cinnamon Graham Crackers 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	15 Pork Sausage Biscuit 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each
18 WW Honeybun – 1 each 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	19 Pancake Pup (1 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	20 Cereal Choice ¾ cup Honey Graham Crackers 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	21 French Toast Slice (1 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	22 Parent/Teacher Conference No School
25 Professional Development No School	26 Cereal Choice ¾ cup Cinnamon Graham Crackers 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	27 Breakfast Sausage & Egg Pizza 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	28 Homestyle Waffles (2 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	29 Chicken Biscuit 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each

Choice of Lowfat, Skim or Skim Flavored Milk offered Daily

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November 2021 * Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Spaghetti & Meatsauce 1 cup Seasoned Corn ¼ cup Broccoli w/Cheese ½ cup Craisins ½ cup WW Dinner Roll, 2 oz	2 Corndog 1 each French Fries ½ cup Pork and Beans ½ cup Fruit Cup ½ cup	3 Beef Stew (2 oz) Mashed Potatoes Mixed Vegetables ½ cup Strawberry Cup ½ cup WW Roll 2 oz	4 Crispy Chicken Sandwich Sweet Potato Rounds ½ cup Carrot Sticks ½ cup Fresh Fruit ½ cup	5 Salisbury Steak (2 oz) w/Gravy Steamed Rice ½ cup White Beans ½ cup Seasoned Corn ¼ cup Fresh Banana Half Hot WW Roll, 2 oz
8 Pepperoni Pizza – 1 slice Steamed Corn ½ cup Carrot Sticks ¼ cup w/Ranch 1 oz Fruit Cocktail ½ cup Fruit Slush ½ cup	9 Chicken Nuggets (5 ea) Tater Tots ½ cup Steamed Broccoli ½ cup Chilled Peaches ½ cup WW Cinnamon Roll – 1 oz	10 Chicken & Sausage Gumbo 6oz Steamed Rice ½ cup Potato Salad ½ cup Sweet Potatoes ¼ cup Apple Slices ½ cup	11 Meatloaf (2 oz) w/Gravy Mashed Potatoes ½ cup Lima Beans ½ cup Fresh Orange Wedges ½ cup Hot WW Roll, 2 oz	12 Baked Chicken Thighs 1 each Rice Dressing ½ cup Baked Beans ½ cup Sweet Potatoes ¼ cup Fruit Cocktail ½ cup Homemade WW Roll 2 oz
15 Steak Fingers (4 ea) Mashed Potatoes w/ Gravy ½ cup Green Beans ½ cup Fresh Fruit ½ cup Homemade WW Roll 2 oz	16 BBQ Pork or Rib Patty on Bun 1 each Sweet Potato Fries ½ cup Carrot Sticks w/Ranch Dressing ½ cup Orange Juice Slush ½ cup	17 Beef (2 oz) Nachos w/Cheese Nacho Chips ½ cup Cheese Sauce Cup 2 oz Shredded Lettuce & Tomato ½ cup Refried Beans ½ cup Fresh Fruit ½ cup	18 Sausage w/Tomato Gravy ¾ cup Steamed Rice ½ cup Steamed Corn ¼ cup White Beans ½ cup Chilled Pears ½ cup Homemade WW Roll 2 oz Beef	19 Beef Lasagna (2 oz) Steamed Corn ½ cup Spinach or Romaine Salad ½ cup Mixed Fruit ½ cup Homemade WW Roll 2 oz
THANKSGIVING WEEK ~ NOVEMBER 22 – 26, 2021 ~ NO SCHOOL				
29 Red Beans & Sausage ½ cup Steamed Rice ½ cup Mustard Greens ½ cup Tossed Salad ½ cup Banana Half ½ cup Cornbread 1 oz	30 Meatball Stew (2 oz) Steamed Rice ½ cup Green Peas ½ cup Sweet Potatoes ¼ cup Apple Wedges ½ cup Homemade WW Roll 2 oz	Dec 1 Beef or Chicken (2 oz) Quesadilla w/Cheese Refried Beans ½ cup Lettuce & Tomato Cup ½ cup Mixed Fruit ½ cup Graham Crackers 1 oz	Dec 2 Corndog 1 each Sweet Potato Tots ½ cup Pork & Beans ¼ cup Fruit Cup ½ cup Angellic Brownie 1 oz	Dec 3 Sliced Turkey Roast 2 oz Rice Dressing ½ cup Green Beans ½ cup Popeye Salad ½ cup Chilled Pears ½ cup Homemade WW Roll 1 oz

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Choice of Lowfat, Skim and Flavored Skim Milk offered daily



NOVEMBER 2021 • Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Cereal Choice ¾ cup Honey Graham Crackers 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	French Toast Sticks (3 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Banana Bread Loaf (1 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Pancake Pup – 1 each 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Glazed Donut – 1 each 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each
8	9	10	11	12
Breakfast Sausage Pizza 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Blueberry Muffin 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Buttermilk Pancakes (2 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Cereal Choice ¾ cup Cinnamon Graham Crackers 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Pork Sausage Biscuit 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each
15	16	17	18	19
WW Honeybun – 1 each 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Pancake Pup (1 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Cereal Choice ¾ cup Honey Graham Crackers 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	French Toast Slice (1 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Banana Bread Slice (1 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each
THANKSGIVING WEEK ~ NOVEMBER 22 – 26, 2021 ~ NO SCHOOL				
29	30	Dec 1	Dec 2	Dec 3
Homestyle Waffles (2 ea) 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Cereal Choice ¾ cup Cinnamon Graham Crackers 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Breakfast Sausage & Egg Pizza 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Cinnamon Roll – 1 each 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each	Chicken Biscuit 100% Fruit Juice ½ cup Fruit Cup ½ cup or Fresh Fruit – 1 each

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