

October 2021

<i>Breakfast</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
7:15-7:45 am All Meals W/ Fruit & Milk	Assted Cereals Yogurt	Waffle/French Toast or Pancakes Turkey Sausage	Potato Breakfast Scramble	Hot Breakfast Sandwich	Breakfast Pastry Yogurt

**GRAB 'N'
GO**

Free Breakfast & Lunch Meals For All Students

Grab & Go Complete Meals	Sept 27 Cheeseburger WG Bun Lett•Tom•Pickle	Sept 28 Chix Tenders Dipping Sauce WG Corn Muffin	Sept 29 Sweet Chili Meatballs w/Rice Pilaf WG Dinner Roll	Sept 30 Nashville "Hot" Chicken Sandwich w/Cheese	Oct 1 Grilled Cheese WG Bread WG Cookie
PB&J Meal ChixTender Salad Turkey BLT Meal Milk w/All Meals	Or - Bosco Sticks w/Marinara Cup Veg Baked Beans Potato Salad	Or - Bosco Sticks w/Marinara Cup Sauté Cabbage Sweet Potato Fries	Or - Bosco Sticks w/Marinara Cup California Blend Corn Cobbett	Or - Bosco Sticks w/Marinara Cup Green Beans Roasted Carrots	Or – Bosco Sticks w/Marinara Cup Tomato Soup Broccoli Salad
Grab & Go Complete Meals	Oct 4 Mexican Fiesta Beef Pizza Taco Sauce	Oct 5 Grilled Chicken Lett•Tom•Pickle WG Bun	Oct 6 General Tso Chicken WG Fried Rice	Oct 7 Chicken Nuggets w/Dipping Sauce WG Dinner Roll	Oct 8 Peppy Turkey Rotini Pasta WG Garlic Bread
PB&J Meal Chef Salad Turkey & Cheese Sliders Milk w/All Meals	Or Spicy Chicken Patty WG Bun Salsa RefriedBean Chipotle Ranch Pasta Salad	Or Spicy Chicken Patty WG Bun Augratin Potatos Peas & Carrots	Or Spicy Chicken Patty WG Bun Vegetable Potsticker Veggie Juice Green Beans	Or Spicy Chicken Patty WG Bun Mash Potato's & Gravy•Lemon Garlic Broccoli	Or Spicy Chicken Patty WG Bun Golden Corn Garden Salad
Grab & Go Complete Meals	Oct 11 Cheeseburger Meatloaf WG Bun	Oct 12 Chicken Burrito Salsa, Cheese Sour Cream	Oct 13 Cincy Chili 3-Way, W/Crackers	Oct 14 Breaded Chicken Drumstick & Waffles	Oct 15 Fish w/Cheese WG Bun
PB&J Meal BBQ Turkey Stick Deli Meal Cobb Salad Milk w/All Meals	Or-Chicken Patty WG Bun Onion Rings Mixed Vegetables	Or Chicken Patty WG Bun Fiesta Black Beans Fresh Baby Carrots	Or-Chicken Patty WG Bun Maple Rst Sweet Potato's Broccoli florets	Or Chicken Patty WG Bun Golden Corn Collard Greens	Or Chicken Patty WG Bun French Fries Tomato/Cucumber Salad
Grab & Go Complete Meals	Oct 18 Steak Hoagie w/Cheese Saute Onions	Oct 19 Fiesta Mac & Cheese WG Roll	Oct 20 Breaded Chix Sandwich Lett/Tomato	Oct 21 Walking Taco Beef•Cheese• Frito Corn Chips	Oct 22 Pepp•Cheese• Pizza Pudding Cup
PB&J Meal Chix Caesar Salad Italian Turkey Sub Milk w/All Meals	Or Soft Pretzels w/Cheese Cup Red Potato Wedge Golden Corn	Or Soft Pretzels w/Cheese Cup Roasted Broccoli Carrots w/Ranch	OR - Soft Pretzels w/Cheese Cup Green Beans Sweet Potato Fries	OR - Soft Pretzels w/Cheese Cup Savory Pinto Beans Fresh Corn Salsa	OR - Soft Pretzels w/Cheese Cup Fresh Celery Sticks Warm Veg Pasta Salad
Grab & Go Complete Meals	Oct 25 Cheeseburger WG Bun Lett•Tom•Pickle	Oct 26 Chix Tenders Dipping Sauce WG Corn Muffin	Oct 27 Savory Beef Beef Pot Pie WG Dinner Roll	Oct 28 Students Fall Break No School	Oct 29 Students Fall Break No School
PB&J Meal Chix Tender Salad Turkey BLT Meal Milk w/All Meals	Or - Bosco Sticks w/Marinara Cup Veg Baked Beans Potato Salad	Or - Bosco Sticks w/Marinara Cup Fresh Veggie Mix Roaster Potato	Or - Bosco Sticks w/Marinara Cup Saute Cabbage Baked Sweet Potato	Staffulty In•service	Staffulty Off

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER • All Meals Require Fruit and/or Vegetable • Menu Subject To Change

