

# October 2021

Lunch includes: entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

## Local Harvest of the Month is APPLES

|   | Monday   | Tuesday   | Wednesday                             | Thursday   | Friday  |   |
|---|--|---|---------------------------------------|--|---|---|
| <b>BREAKFAST:</b><br>Free to All Students 21-22 School Year<br>Adult: \$2.00  | Whole Grain Cereal<br>OR<br>Oatmeal with Choose Your Own Toppings<br>Fruit and Milk  | Homemade Muffin w/ Fruit, Yogurt and Milk               | Breakfast Burrito<br>Fruit and Milk   | Pancakes w/ Syrup,<br>Local Sausage Link<br>Fruit and Milk | Breakfast Sandwich w/ Sausage, Cheese<br>Fruit and Milk |   |
|   | Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit,<br>Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk |   |                                       |  |   |   |
| <b>LUNCH:</b><br>Free to All Students for the 21-22 School Year<br>Adult: \$3.50<br><br><b>Now Local:</b><br>Beef, Lentils, Squash, Carrots, Some Breads and Flour<br>And more! | PLEASE JOIN US FOR BREAKFAST OR LUNCH!<br>For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646  |   |                                       |  |   |   |
|   |  |   |                                       |  | 1<br>Chicken Patty on WG Bun                            |   |
|   | 4<br>Mac 'n' Cheese w/ Broccoli and Dinner Roll  | 5<br>Chicken/Cheese Quesadilla                          | 6<br>BBQ Pork on WG Bun w/ Apple Slaw | 7<br>Chicken Stir Fry with WG Rice and Veggies             | 8<br>Grilled Ham 'n' Cheese w/ Baked Chips              |   |
|   | 11<br>Meatball Subs w/ Marinara and Mozzarella   | 12<br>Chicken Strips w/ Honey Mustard Sauce and Biscuit | 13<br>Moroccan Global Bowl            | 14<br>Chili w/ Cheese and Tortilla Chips                   | 15<br>Corn Dog w/ Baked Beans                           |   |
|   | 18<br>Spaghetti w/ Meat Sauce and Dinner Roll  | 19<br>Beefy Burrito W/ Cheese, Salsa and Sour Cream     | 20<br>Chicken Caesar Wraps            | 21<br>NO SCHOOL  | 22<br>NO SCHOOL   |   |
|   | 25<br>Monte Cristo Sandwich w/ Syrup and Raspberry Jelly   | 26<br>Enchilada Casserole                               | 27<br>Local Hot Dog on WG Bun         | 28<br>Cooks Choice   | 29<br>Cooks Choice                                      |   |
|   |  |   |                                       |  |   |   |
|   | Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories   |   |                                       |  |   |   |
|   | GRILL MENU   | Grilled or Breaded Chicken Patty on WG Bun              | Pizza                                 | MT Beef Burgers On WG Bun                                  | Pizza   | MT Beef Burgers                           |
|   | SANDWICH & SALADS*   | Caesar Salad w/ Chicken                                 | Egg Salad                             | Ham or Turkey Hoagie w/ Cheese                             | Tuna Salad Sandwich on WG Bread                         | Pasta Salad w/ Ham or Salami, Dinner Roll |
| Available Daily: Assorted Deli Sandwiches, PB&J, Chef Salad<br>Unlimited Fruit and Veggies  |  |   |                                       |  |   |   |
|   |  |   |                                       |  |   |   |

|                 |                                    |  |  |  |                                    |
|-----------------|------------------------------------|--|--|--|------------------------------------|
|                 |                                    |  |  |  |                                    |
| FRUIT Selection | Apples, Oranges, Dried Mixed Fruit | Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit | Fresh Berries or Grapes, Apples, Dried Mixed Fruit | Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit | Apples, Oranges, Dried Mixed Fruit |
|                 |                                    |  |  |  |                                    |

**September Harvest of the Month:**  
**Apples**

