


# October

This institution is an equal opportunity provider.  
Menus are subject to change.

2

**Breakfast**  
Yogurt & Gram Crackers

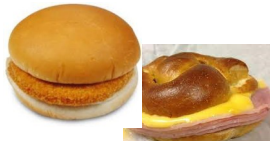
**Lunch**  
BBQ Meatballs  
-or- Hot Ham Pretzel



3

**Breakfast**  
Apple Frudel


**Lunch**  
Chicken Patty  
-or- Hot Ham Pretzel



4

**Breakfast**  
Blueberry Muffins


**Lunch**  
Pancake Brunch  
-or- Wow Butter Sandwich



5

**Breakfast**  
Coca Puff Cereal

**Lunch**  
Chicken Tenders  
-or- Hot Ham Pretzel




6

**Breakfast**  
Mini Cinni

**Lunch**  
Cheese Dipper  
-or- Hot Ham Pretzel



9




**NO CLASS**

10

**Breakfast**  
Maple Waffles


**Lunch**  
Chicken Tenders  
-or- Mini Corn Dogs



11

**Breakfast**  
Trix Cereal Bar


**Lunch**  
Asian Chicken over Rice  
-or- Wow Butter Sandwich



12

**Breakfast**  
Cherry Frudel

**Lunch**  
Toasted Cheese  
-or- Mini Corn Dogs



13

**Breakfast**  
Lucky Charms Cereal

**Lunch**  
French Bread Pizza  
-or- Mini Corn Dogs



16

**Breakfast**  
Choc. Chip French Toast

**Lunch**  
Mac & Cheese  
-or- Cheeseburger



17

**Breakfast**  
Apple Muffin


**Lunch**  
BBQ Boneless Wings  
-or- Cheeseburger



18

**Breakfast**  
French Toast


**Lunch**  
Beef Walking Taco  
-or- Wow Butter Sandwich



19

**Breakfast**  
Mini Chicken Biscuit


**Lunch**  
Chef Salad  
-or- Cheeseburger



20

**Breakfast**  
Pancake on a stick


**Lunch**  
Pizza Quesadilla  
-or- BBQ Burger



23

**Breakfast**  
Golden Grams Bar

**Lunch**  
Sloppy Joe  
-or- Turkey Wrap



24

**Breakfast**  
Apple Churros

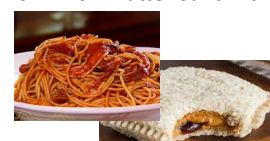
**Lunch**  
Chicken & Waffles  
-or- Turkey Wrap



25

**Breakfast**  
Chocolate Muffin

**Lunch**  
Spaghetti & Breadstick  
-or- Wow Butter Sandwich



26

**Breakfast**  
Mini Pancakes


**Lunch**  
Chicken Parm Sandwich  
-or- Turkey Wrap



27

**Breakfast**  
Coca Puff Cereal Bar

**Lunch**  
Pizza Crunchers  
-or- Turkey Wrap



30

**Breakfast**  
Cinnamon Toast Cereal

**Lunch**  
Hot Dog  
-or- Muffin Munchable



31

**Breakfast**  
Cinnamon Mini Waffles

**Lunch**  
Chicken Nuggets  
-or- Muffin Munchable




All Meals include a selection of Chilled Fruit ,  
Fresh Fruits, Fresh Veggies, and Hot Vegetables

Every complete meal  
we serve comes with  
your choice of lowfat  
or nonfat milk!



Making A Difference With Every Meal

**Chambersburg Area  
Franklin Learning Center**