

FMSD October Menu

9/29	9/30	10/1	10/2	10/3
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain French Toast Sticks Whole Grain Cinnamon Bun (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Freshly Muffin Whole Grain Waffles Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Pancake Turkey Wrap Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Sandwich Whole Grain Pancakes Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Chicken Corn Dog Whole Grain Cheese Stuffed Breadsticks Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Whole Grain Orange Chicken with Rice Whole Grain Quesadilla Whole Grain Chicken Salad Sandwich	<u>Lunch</u> Whole Grain Spaghetti with Meat Sauce Cheese Tamales Whole Grain Grilled Cheese Sandwich	<u>Lunch</u> Whole Grain Cheeseburger Whole Grain Garden Burger Whole Grain Bacon Turkeyham Sandwich	<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Cheese Enchilada Whole Grain Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese
10/6 FMSD No School Intersession Menu	10/7 FMSD No School Intersession Menu	10/8 FMSD No School Intersession Menu	10/9 FMSD No School Intersession Menu	10/11 FMSD No School Intersession Menu
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain French Toast Sticks Whole Grain Cinnamon Bun (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Freshly Muffin Whole Grain Waffles Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Pancake Turkey Wrap Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Sandwich Whole Grain Pancakes Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Beef or Turkey Whole Grain Hot Dog Whole Grain Mac & Cheese Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Beef Tacos Whole Grain Bean & Cheese Burrito Whole Grain Chicken Salad Sandwich	<u>Lunch</u> Whole Grain Chicken Alfredo Pasta Whole Grain Grilled Cheese Sandwich Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Teriyaki Beef with Brown Rice Whole Grain Cheese stuffed Breadsticks Whole Grain Bacon Turkeyham Sandwich	<u>Lunch</u> Whole Grain Turkey Taco Nada Cheese Tamales Whole Grain Pepperoni Pizza
10/13 National School Lunch Week	10/14 National School Lunch Week	10/15 National School Lunch Week	10/16 National School Lunch Week	10/17 National School Lunch Week
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain French Toast Sticks Whole Grain Cinnamon Bun (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Freshly Muffin Whole Grain Waffles Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Pancake Turkey Wrap Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Sandwich Whole Grain Pancakes Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Chicken Corn Dog Whole Grain Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese	<u>Lunch</u> Beef Tacos Whole Grain Bean and Cheese Pupusa Whole Grain Bean & Cheese Burrito	<u>Lunch</u> Whole Grain Chicken Alfredo Whole Grain Cheese Stuffed Breadsticks Whole Grain French Bread Pizza	<u>Lunch</u> Whole Grain Orange Chicken with Rice Asian Chicken Salad with Dinner Roll Whole Grain Grilled Cheese Sandwich	<u>Lunch</u> Chicken Tikka Masala with Rice Whole Grain BBQ Chicken Pizza Whole Grain Cheese Pizza
10/20	10/21	10/22	10/23	10/24
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain French Toast Sticks Whole Grain Cinnamon Bun (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Freshly Muffin Whole Grain Waffles Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Pancake Turkey Wrap Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Sandwich Whole Grain Pancakes Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Beef or Turkey Whole Grain Hot Dog Whole Grain Mac & Cheese Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Beef Tacos Whole Grain Bean & Cheese Burrito Whole Grain Chicken Salad Sandwich	<u>Lunch</u> Whole Grain Spaghetti with Meat Sauce Whole Grain Grilled Cheese Sandwich Whole Grain Turkeyham & Cheese Sandwich	<u>Lunch</u> Teriyaki Beef with Brown Rice Whole Grain Cheese stuffed Breadsticks Whole Grain Bacon Turkeyham Sandwich	<u>Lunch</u> Whole Grain Turkey Taco Nada Bean and Cheese Pupusa Whole Grain Pepperoni Pizza
10/27	10/28	10/29	10/30	10/31
<u>Breakfast</u> Whole Grain Breakfast Pizza Whole Grain Plain Bagel Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain French Toast Sticks Whole Grain Cinnamon Bun (Locally Sourced) Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Freshly Muffin Whole Grain Waffles Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Burrito Whole Grain Pancake Turkey Wrap Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Breakfast Sandwich Whole Grain Pancakes Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Chicken Tenders Whole Grain Chicken Corn Dog Whole Grain Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese	<u>Lunch</u> Beef Tacos Whole Grain Bean and Cheese Pupusa Whole Grain Bean & Cheese Burrito	<u>Lunch</u> Whole Grain Chicken Alfredo Whole Grain Cheese Stuffed Breadsticks Whole Grain French Bread Pizza	<u>Lunch</u> Whole Grain Orange Chicken with Rice Asian Chicken Salad with Dinner Roll Whole Grain Grilled Cheese Sandwich	<u>Lunch</u> Chicken Tikka Masala with Rice Whole Grain BBQ Chicken Pizza Whole Grain Cheese Pizza

Menu subject to change. This Institute is an equal opportunity provider. Fresh Fruit and Veggies offered daily.