

FMSD October Menu

10/5 Monday	10/6 Tuesday	10/7 Wednesday	10/8 Thursday	10/9 Friday
<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Breakfast Pizza Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Cinnamon Roll (Locally sourced) Whole Grain Pancake Chicken Wrap Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Fresh Muffin Whole Grain Waffles Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Scrambled Eggs with Turkey Bacon and Tater Tots Whole Grain Pancakes Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Sausage & Egg Breakfast Sandwich Whole Grain French Toast Sticks Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Chicken Tenders Plain or Spicy Quesadilla Chicken Caesar Salad with Whole Grain Dinner Roll Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Whole Grain Chicken Corn Dog Green Chili and Cheese Tamale Asian Chicken Salad with Whole Grain Dinner Roll Whole Grain Turkey-ham & Cheese Sandwich	<u>Lunch</u> Whole Grain Turkey or Beef Hot Dog Whole Grain Cheese Stuffed Breadsticks Chef's Salad with Whole Grain Dinner Roll Whole Grain Turkeyham, Turkey-Bacon & Cheese Sandwich	<u>Lunch</u> Whole Grain Spaghetti with Meat Sauce Bean and Cheese Pupusa Beef Taco Salad Whole Grain Chicken Salad Sandwich	<u>Lunch</u> Whole Grain Pepperoni Pizza Whole Grain Bean and Cheese Burrito Whole Grain Crispy Chicken Salad with Whole Grain Dinner Roll Whole Grain Peanutbutter/Sunbutter and Jelly Sandwich with String Cheese
10/12 Monday	10/13 Tuesday	10/14 Wednesday	10/15 Thursday	10/16 Friday
<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Breakfast Pizza Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Cinnamon Roll (Locally sourced) Whole Grain Pancake Chicken Wrap Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Fresh Muffin Whole Grain Waffles Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Scrambled Eggs with Turkey Bacon and Tater Tots Whole Grain Pancakes Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Sausage & Egg Breakfast Sandwich Whole Grain French Toast Sticks Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Bacon Cheeseburger Whole Grain Cheese Stuffed Breadsticks Chicken Caesar Salad with Whole Grain Dinner Roll Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Beef Tacos Bean and Cheese Pupusa Asian Chicken Salad with Whole Grain Dinner Roll Whole Grain Turkeyham and Cheese Sandwich	<u>Lunch</u> Whole Grain Chicken Burger Plain or Spicy Whole Grain Grilled Cheese Sandwich Chef's Salad with Whole Grain Dinner Roll Whole Grain Turkeyham, Turkey Bacon & Cheese Sandwich	<u>Lunch</u> Whole Grain Taco Nada Whole Grain Alfredo Pasta Beef Taco Salad Whole Grain Tuna Salad Sandwich	<u>Lunch</u> Whole Grain BBQ Chicken Pizza Whole Grain Bean and Cheese Burrito Whole Grain Crispy Chicken Salad with Whole Grain Dinner Roll Whole Grain Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese

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

FMSD October Menu

10/19 Monday	10/20 Tuesday	10/21 Wednesday	10/22 Thursday	10/23 Friday
<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Breakfast Pizza Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Cinnamon Roll (Locally sourced) Whole Grain Pancake Chicken Wrap Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Fresh Muffin Whole Grain Waffles Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Scrambled Eggs with Turkey Bacon and Tater Tots Whole Grain Pancakes Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Sausage & Egg Breakfast Sandwich Whole Grain French Toast Sticks Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Chicken Tenders Plain or Spicy Quesadilla Chicken Caesar Salad with Whole Grain Dinner Roll Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Whole Grain Chicken Corn Dog Green Chili and Cheese Tamale Asian Chicken Salad with Whole Grain Dinner Roll Whole Grain Turkey-ham & Cheese Sandwich	<u>Lunch</u> Whole Grain Turkey or Beef Hot Dog Whole Grain Cheese Stuffed Breadsticks Chef's Salad with Whole Grain Dinner Roll Whole Grain Turkeyham, Turkey-Bacon & Cheese Sandwich	<u>Lunch</u> Whole Grain Spaghetti with Meat Sauce Bean and Cheese Pupusa Beef Taco Salad Whole Grain Chicken Salad Sandwich	<u>Lunch</u> Whole Grain Pepperoni Pizza Whole Grain Bean and Cheese Burrito Whole Grain Crispy Chicken Salad with Whole Grain Dinner Roll Whole Grain Peanutbutter/Sunbutter and Jelly Sandwich with String Cheese
10/26 Monday	10/27 Tuesday	10/28 Wednesday	10/29 Thursday	10/30 Friday
<u>Breakfast</u> Low Fat Yogurt Parfait Whole Grain Breakfast Pizza Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Cinnamon Roll (Locally sourced) Whole Grain Pancake Chicken Wrap Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Fresh Muffin Whole Grain Waffles Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Scrambled Eggs with Turkey Bacon and Tater Tots Whole Grain Pancakes Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker	<u>Breakfast</u> Whole Grain Sausage & Egg Breakfast Sandwich Whole Grain French Toast Sticks Whole Grain Bagel with Cream Cheese Whole Grain Cereal with Graham Cracker
<u>Lunch</u> Whole Grain Bacon Cheeseburger Whole Grain Cheese Stuffed Breadsticks Chicken Caesar Salad with Whole Grain Dinner Roll Whole Grain Turkey & Cheese Sandwich	<u>Lunch</u> Beef Tacos Bean and Cheese Pupusa Asian Chicken Salad with Whole Grain Dinner Roll Whole Grain Turkeyham and Cheese Sandwich	<u>Lunch</u> Whole Grain Chicken Burger Plain or Spicy Whole Grain Grilled Cheese Sandwich Chef's Salad with Whole Grain Dinner Roll Whole Grain Turkeyham, Turkey Bacon & Cheese Sandwich	<u>Lunch</u> Whole Grain Taco Nada Whole Grain Alfredo Pasta Beef Taco Salad Whole Grain Tuna Salad Sandwich	<u>Lunch</u> Whole Grain BBQ Chicken Pizza Whole Grain Bean and Cheese Burrito Whole Grain Crispy Chicken Salad with Whole Grain Dinner Roll Whole Grain Peanutbutter/Sunbutter & Jelly Sandwich with String Cheese