

All meals include a choice of half-pint White 1% or Choc. Skim milk

OCTOBER 2019

All Menus Subject to Change without notice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
1 B  L		B PANCAKES W/ SYRUP PEACHES APPLE WEDGES L SLOPPY JOE VEGGIE STICKS, BAKED BEANS, APPLE WEDGE		1 B GINGERBREAD CAKE YOGURT, MIXED FRUIT STRAWBERRIES L CHICKEN PASTA FLORENTINE RAINBOW SALAD CANTALOUPE		2 B PLAIN BAGEL W/ CREAM CHEESE PINEAPPLE CHUNKS CANTALOUPE L TUNA SANDWICH VEGGIE STICKS, POTATO WEDGES, FRUIT SLUSHY		3 B SOUTHERN PORK LINKS RICE, APPLESAUCE HONEYDEW L CHICKEN TENDERS, RICE STEAMED CORN & BROCCOLI ORANGE WEDGES	4				
2 B L	7 B L	FALL BREAK								8 B L	9 B L	10 B L	11 B L
3 B L	14 B L	B MAPLE PANCAKE WRAP ORANGE WEDGE APPLESAUCE L CHICKEN TENDERS, RICE SPINACH/ROMAINE SALAD, VEGGIE STICK, PINE CHUNKS	15 B L	B FRUIT SMOOTHIE CINNAMON TOAST STRAWBERRIES L CORN DOG, VEGGIE STICK POTATO ROUNDS ORANGE WEDGE	16 B L	B HAM LINKS, RICE MIXED FRUIT APPLE WEDGES L PEPPERONI PIZZA VEGGIE STICK, EDAMAME CANTALOUPE	17 B L	B KALUA QUESADILLA PEACHES CANTALOUPE L MEATLOAF W/ GRAVY, WHIPPED POTATO, STEAMED BROCCOLI & CARROTS, APPLE WEDGES	18				
4 B L	21 B L	B APPLESAUCE MUFFIN VEGGIE JUICE CANTALOUPE L PIG IN DA BLANKET VEGGIE STICK, POTATO WEDGES, FRUIT SLUSHY	22 B L	B PANCAKES APPLESAUCE STRAWBERRIES L ROAST PORK, RICE HOT CORN, RAINBOW SALAD, CANTALOUPE	23 B L	B FRIED RICE, PORTUGUESE SAUSAGE, MIXED FRUIT CRAISINS L BEEF STEW, RICE STEAMED CORN & BROCCOLI ORANGE WEDGES	24 B L	B HAM & CHEESE on ROLL PINEAPPLE CHUNKS APPLE WEDGES L KOREAN CHICKEN, RICE SPINACH & ROMAINE SALAD EDAMAME, CARROT STICKS MIXED FRUIT	25				
5 B L	28 B L	B FRUIT MUFFIN MIXED FRUIT HONEYDEW L BBQ PORK SANDWICH POTATO WEDGES, COLESLAW PINEAPPLE CHUNKS	29 B L	B HAM LINK IN BUN PINEAPPLE CHUNKS STRAWBERRIES L VEGETARIAN PIZZA, SPINACH ROMAINE SALAD, VEGGIE STICK CANTALOUPE	30 B L	B PORK LINKS STEAMED RICE, CANTALOUPE APPLESAUCE L SWEET & SOUR PORK STEAMED RICE, RAINBOW SALAD MIXED FRUIT	31 B L	B HAPPY HALLOWEEN  L					

ALL STEAMED RICE IS 100% BROWN RICE

WG= WHOLE GRAIN

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"