

BREAKFAST				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	01	02	03
		Grilled Ham & Cheese Sandwich	WG Pancakes	Cereal Bowl WG Cracker
06	07	08	09	10
Fall Break				
13	14	15	16	17
Breakfast Burrito	French Toast	Pork Link Sausage Brown Rice	Cheese Breadstick w/ marinara sauce	Grilled Ham & Cheese Sandwich
20	21	22	23	24
Pancake & Turkey Breakfast Stick	Cereal Bowl WG Cracker	Pizza Stick	French Toast	Turkey Bacon Scramble Eggs Brown Rice
27	28	29	30	31
WG Pancakes	Breakfast Scramble Brown Rice	Pizza Stick	Portuguese Sausage Brown Rice	Cereal Bowl WG Cracker

All-You-Can-Eat Fruit Bar. All Breakfast Meals must include at least ½ c fruit

Choice of 1/2 pint: Unflavored 1% or Fat Free Chocolate Milk (Menu Subject to Change)

*This institution is an equal
opportunity provider*

LUNCH				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	01	02	03
		Cheese Quesadilla National Vegetarian Day	Baked Chicken Brown Rice	Spanish Macaroni WG Dinner Roll
06	07	08	09	10
Fall Break				
13	14	15	16	17
BBQ Rib Sandwich Tater Tots	Chicken Patty w/gravy Mashed Potato WG Dinner Roll	Cheese Pizza National Pizza Month	WG Chicken Corndog	Spaghetti w/ Meat Sauce National Pasta Day
20	21	22	23	24
Chicken Bites Brown Rice	Fish Nuggets Brown Rice Fruit Slushy	Mac & Cheese WG Dinner Roll	Beef Soft Taco	Chicken Longrice Brown Rice
27	28	29	30	31
Chicken Nuggets Brown Rice	Pepperoni Pizza	Penne Alfredo Pasta	Pork Guisantes Brown Rice	Meatball Sub Sandwich Tater Tots

All-You-Can-Eat Fruit and Vegetable Salad Bar Included. All Lunch Meals must include at least ½ c fruit and/or vegetable

All Lunch Meals include choice of ½ Pint of 1% or Fat Free Chocolate Milk.

Menu Subject to Change

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