




OCTOBER MENU



Month: October 2021

M	Tu	W	Th	F
27 IW WG CHICKEN PATTY ON WG BUN BAG OF WG PRETZELS LS GREEN BEANS PEACHES	28 IW WG PRETZEL 3OZ. CUP OF CHEDDAR CHEESE DIP LS CORN PINEAPPLE	29 IW PEPPERONI PIZZA W/WG CRUST LS GREEN BEANS MANGO WANGO JUICE MANDARIN ORANGES	30 IW WG ITALIAN STYLE WRAP BAG OF WG PRETZELS LS BAKED BEANS DICED PEARS	1 IW WG BOSCO STICKS MARINARA SAUCE LETTUCE SALAD APPLE SLICES IW WG VANILLA COOKIES
4 IW WG CHICKEN TENDERS BAG OF WG PRETZELS CARROTEENIES SUNSET SIP JUICE MANDARIN ORANGES	5 CHEESEBURGER ON A WG BUN BAKED LAYS LS CORN PEACHES	6 IW CHEESE PIZZA W/WG CRUST LS GREEN BEANS DRAGON PUNCH JUICE DICED PEARS	7 IW CHICKEN/TURKEY/HAM & CHEESE SANDWICH BAKED LAYS LS BAKED BEANS PINEAPPLE	8 * 11:20 DISMISSAL SACK LUNCHES WILL BE SENT HOME WITH STUDENTS IW WG GRAPE PBJ WG PF CHEDDAR GOLDFISH LETTUCE SALAD APPLE SLICES
11  NO SCHOOL	12 IW WG PRETZEL 3OZ. CUP OF CHEDDAR CHEESE DIP LS CORN MIXED FRUIT	13 IW PEPPERONI PIZZA W/WG CRUST LS GREEN BEANS MANGO WANGO JUICE MANDARIN ORANGES	14 IW WG FRENCH TOAST STICKS SAUSAGE LINKS HASH BROWN PATTY DICED PEARS	15 IW WG BOSCO STICKS MARINARA SAUCE LETTUCE SALAD SUNSET SIP JUICE APPLE SLICES
18 IW WG POPCORN CHICKEN CARROTEENIES LS CORN PINEAPPLE	19 CHEESEBURGER ON A WG BUN BAKED LAYS LS BAKED BEANS APPLESAUCE CUP	20 IW CHEESE PIZZA W/WG CRUST LS CORN SUNSET SIP JUICE MIXED FRUIT	21 IW WG BEEF BURRITO RF WG CHEESE PUFFS LS GREEN BEANS PEACHES	22 IW WG STRAWBERRY PBJ WG PF CHEDDAR GOLDFISH LETTUCE SALAD APPLE SLICES
25 IW WG CHICKEN NUGGETS CARROTEENIES LS GREEN BEANS PEACHES	26 IW WG PRETZEL 3OZ. CUP OF CHEDDAR CHEESE DIP LS CORN PINEAPPLE	27 IW PEPPERONI PIZZA W/WG CRUST LS GREEN BEANS MANGO WANGO JUICE MANDARIN ORANGES	28 IW WG ITALIAN STYLE WRAP BAG OF WG PRETZELS LS BAKED BEANS DICED PEARS	29 IW WG BOSCO STICKS MARINARA SAUCE LETTUCE SALAD DRAGON PUNCH APPLE SLICES

DURING THE COVID PANDEMIC, ALL BREAKFASTS AND LUNCHES ARE FREE

ANY EXTRA MILK OR MILK FOR COLD LUNCH STUDENTS IS .40 PER CARTON

PLEASE REMIND YOUR CHILD TO COME TO THE CAFETERIA FIRST THING IN THE MORNING, IF THEY WISH TO EAT BREAKFAST

MENU SUBJECT TO CHANGE DUE TO GOVERNMENT COMMODITIES ON HAND

ALL BREAKFASTS INCLUDE COLD MILK
VARIETY OF WG CEREAL, WG BREAD
COMPONENT & 100% JUICE OR FRUIT CUP
OR
PEANUT & JELLY ON WG BREAD, WG BREAD
COMPONENT & 100% JUICE OR FRUIT CUP



IW = INDIVIDUALLY WRAPPED
WG = WHOLE GRAIN
LS = LOW SODIUM
RF = REDUCED FAT
W/ = WITH



ALL LUNCHES INCLUDE COLD MILK
1% WHITE MILK OR
SKIM CHOCOLATE MILK
EXTRA MILK IS .40 PER CARTON