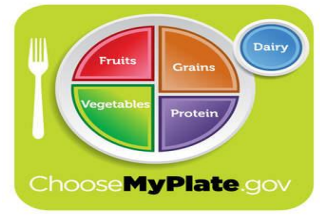


# October



## Breakfast, Lunch, Afternoon Snack

**Breakfast** includes a milk, juice or fruit or vegetable, grain/bread. **Lunch** includes a choice of entrée supplying protein, grain, vegetable side dishes and fruit side dish and milk. **Afternoon snack** includes a selection of two of the following four components milk, juice or fruit or vegetable, meat or meat alternate, grains/bread.

					<b>1</b>
					<b>BREAKFAST:</b> French Toast, Mandarin Oranges, Milk <b>LUNCH:</b> Spaghetti w/Meat Sauce, Salad, Garlic Bread, Apple Sauce, Milk <b>PM SNACK:</b> Graham Crackers, Yogurt
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
<b>BREAKFAST:</b> Biscuit & Gravy, Pears, Milk <b>LUNCH:</b> Corn Dog, Broccoli w/Ranch, Orange Slices Milk <b>PM SNACK:</b> Pretzels, Juice	<b>BREAKFAST:</b> Oatmeal, Toast, Banana, Milk <b>LUNCH:</b> Chicken Patty on Bun, Corn, Apple Sauce, Milk <b>PM SNACK:</b> Gold Fish Crackers, Animal Crackers, Juice	<b>BREAKFAST:</b> Scramble Eggs, English Muffin, Tropical Fruit, Milk <b>LUNCH:</b> Tomato Soup w/Crackers, Grilled Cheese, Veg Medley, Pears, Milk <b>PM SNACK:</b> Nacho Cheese Doritos, Juice	<b>BREAKFAST:</b> Cherrios, Peaches, Milk <b>LUNCH:</b> Salisbury Steak, Mashed Potatoes w/Gravy, Green Beans, Pineapple, Milk <b>PM SNACK:</b> Cheezits Juice	<b>BREAKFAST:</b> Pancakes, Mixed Fruit, Milk <b>LUNCH:</b> Pizza, Salad w/ Ranch, Applesauce, Milk <b>PM SNACK:</b> Goldfish Crackers, Juice	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
<b>BREAKFAST:</b> Boiled Egg, English Muffin, Pineapple, Milk <b>LUNCH:</b> Hotdog, on Bun, Veg Medley w/Ranch Dressing, Mixed Fruit, Milk <b>PM SNACK:</b> Doritos, Juice	<b>BREAKFAST:</b> Oatmeal, English Muffin, Banana, Milk <b>LUNCH:</b> Chili, Cornbread Muffin, Celery w/Ranch, Applesauce, Milk <b>PM SNACK:</b> Animal Crackers, Juice	<b>BREAKFAST:</b> Sausage Patty, Biscuit, Pears, Milk <b>LUNCH:</b> Chicken Nuggets, Corn, Roll w/Butter, Mandarin Oranges Milk <b>PM SNACK:</b> Cheezits, Juice	<b>BREAKFAST:</b> Pancakes, Peaches, Milk <b>LUNCH:</b> Hamburger on Bun, Baked Beans, Deviled Eggs, Applesauce, Milk <b>PM SNACK:</b> Popcorn, Juice	<b>BREAKFAST:</b> Bagel w/Cream Cheese, Applesauce, Milk <b>LUNCH:</b> Mac & Cheese, Green Beans, Grapes, Milk <b>PM SNACK:</b> Capital Cookies, Juice	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
<b>BREAKFAST:</b> Cheerios, Peaches, Milk <b>LUNCH:</b> Chicken & Noodle Soup w/Crackers, PB&J, Carrot Sticks, Peaches, Milk <b>PM SNACK:</b> Fritos, Juice	<b>BREAKFAST:</b> Oatmeal, Toast, Banana, Milk <b>LUNCH:</b> Meatloaf, Mashed Potatoes w/Gravy, Green Beans, Roll w/Butter, Pineapple, Milk <b>PM SNACK:</b> Capital Cookies, Juice	<b>BREAKFAST:</b> Egg & Cheese Burrito, Strawberries, Milk <b>LUNCH:</b> Vegetable Soup w/Crackers, Turkey & Cheese on Bun, Orange Slices Milk <b>PM SNACK:</b> Pretzels, Juice	<b>BREAKFAST:</b> Breakfast Pizza, Pineapple, Milk <b>LUNCH:</b> Beef Taco on Hard Shell w/Lettuce & Cheese, Applesauce, Refried Beans, Milk <b>PM SNACK:</b> Sun Chips, Juice	<b>BREAKFAST:</b> Sausage Patty, Toast, Mixed Fruit, Milk <b>LUNCH:</b> Fish Sticks, Peas, Roll w/Butter, Peaches, Milk <b>PM SNACK:</b> Animal Crackers, Juice	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
<b>BREAKFAST:</b> Tornados, Applesauce, Milk <b>LUNCH:</b> Spaghetti w/Meat Sauce, Salad w/Ranch, Garlic Bread, Peaches, Milk <b>PM SNACK:</b> Graham Crackers, Yogurt	<b>BREAKFAST:</b> Oatmeal, Toast, Banana, Milk <b>LUNCH:</b> Pizza, Corn, Mixed Fruit, Milk <b>PM SNACK:</b> Goldfish Cookie, Juice	<b>BREAKFAST:</b> Bagel w/Cream Cheese, Tropical Fruit, Milk <b>LUNCH:</b> Broccoli Cheddar Soup, Crackers, Apple Sauce, PB&J Sandwich, Milk <b>PM SNACK:</b> Cheezits, Juice	<b>BREAKFAST:</b> Scrambled Eggs, Orange Slices, Toast, Milk <b>LUNCH:</b> Hotdog on Bun, Tater Tots, Peas, Strawberries, Milk <b>PM SNACK:</b> Fritos, Juice	<b>BREAKFAST:</b> Biscuits & Gravy, Applesauce, Milk <b>LUNCH:</b> Chicken Patty on Bun, Corn, Peaches, Milk <b>PM SNACK:</b> Bug Bites, Juice	



# 2021



REMEMBER: THE  
HARVEST FESTIVAL  
OCTOBER 31st AT 6:00  
PM

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