

OCTOBER 2021 MENU

READY TO SERVE

				<p>1</p> <p>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Macaroni & Cheese Herbed Cauliflower Baby Carrots w/ Ranch Fresh Orange Smiles (1 Elem/2 Secondary) Assorted Low Fat Milk</p>
<p>4</p> <p>BREAKFAST Blueberry Belgian Waffle Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Meatball & Marinara Sub Sweet Kernel Corn Cucumber Slices w/ Ranch Fresh Apple Slices (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>5</p> <p>BREAKFAST Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Tasty Brands Turkey & Cheese Sandwich Creamed Spinach Baby Carrots w/ Ranch 100% Fruit Juice (Elem & Secondary) Raisins(Secondary only) Assorted low Fat Milk</p>	<p>6</p> <p>BREAKFAST Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Chicken & Yellow Rice Seasoned Black beans Grape Tomatoes w/ Ranch Strawberry Apple Crisps (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>7</p> <p>BREAKFAST Mini Loaf & Cheese Stick Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Tuscan Rotini w/ Meat Sauce Herbed Cauliflower Crisp Garden Salad Applesauce (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>8</p> <p>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Cuban Sandwich Steamed Broccoli Baby Carrots w/ Ranch Fresh Orange Smiles (1 Elem/2 Secondary) Assorted Low Fat Milk</p>
<p>11</p> <p>BREAKFAST Celebration Benefit Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style Chicken Bites Cheez- it Crackers Seasoned Peas & Carrots Cucumber Slices w/ Ranch Fresh Apple Slices (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>12</p> <p>BREAKFAST Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH BBQ Chicken Sandwich BBQ Baked Beans Baby Carrots w/ Ranch 100% Fruit Juice (Elem and Secondary) Assorted Fruit (Secondary only) Assorted Low Fat Milk</p>	<p>13</p> <p>BREAKFAST Eggo® Mini Cinnamon Waffles Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Tuscan Chicken Alfredo Steamed Broccoli Grape Tomatoes w/ Ranch Fruited Gelatin (Elem and Secondary) 100% Fruit Juice (Secondary Only) Assorted Low Fat Milk</p>	<p>14</p> <p>BREAKFAST Yogurt Smoothie w/Strawberry Graham Raisin Box White Milk (Low Fat or Skim)</p> <p>LUNCH Teriyaki Chicken w/ Fried Rice Crisp Garden Side Salad Veggie Juice Box Applesauce Cup (Elem and Secondary) Assorted Fruit (Secondary only) Assorted Low Fat Milk</p>	<p>15</p> <p>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Tasty Brands Turkey, Turkey Pepperoni, & Cheese Croissant Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Orange Smiles (Elem and Secondary) Raisins (Secondary only) Assorted Low Fat Milk</p>
<p>18</p> <p>BREAKFAST Blueberry Belgian Waffle Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Tuscan Rotini & Meatballs Cheesy Garlic & Herb Broccoli Cucumber Slices w/ Ranch Fresh Apple Slices (Elem and Secondary) Applesauce cup (Secondary only) Assorted Low Fat Milk</p>	<p>19</p> <p>BREAKFAST Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Cuban Sandwich Seasoned Black Beans Baby Carrots w/ Ranch 100% Fruit Juice (Elem and Secondary) Raisin box (Secondary only) Assorted Low Fat Milk</p>	<p>20</p> <p>BREAKFAST Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH General Tso's Chicken w/ Fried Rice Sweet Kernel Corn Grape Tomatoes w/ Ranch Applesauce Cup (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>21</p> <p>BREAKFAST Mini Loaf & Cheese Stick Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Turkey & Cheese Sliders (2) Seasoned Peas & Carrots Crisp Garden Side Salad Buddy Fruit Cinnamon Applesauce (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>22</p> <p>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Macaroni and Cheese Herbed Cauliflower Baby Carrots w/ Ranch Fresh Orange Wedges (1 Elem/2 Secondary) Assorted Low Fat Milk</p>
<p>25</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>

<p>BREAKFAST Celebration Benefit Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Meatball & Marinara Sub Sweet Kernel Corn Cucumber Slices w/ Ranch Fresh Apple Slices (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>BREAKFAST Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Tasty Brands Turkey & Cheese Sandwich Creamed Spinach Baby Carrots w/ Ranch 100% Fruit Juice (Elem & Secondary) Raisin box (Secondary only) Assorted low Fat Milk</p>	<p>BREAKFAST Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Chicken & Yellow Rice Seasoned Black beans Grape Tomatoes w/ Ranch Strawberry Apple Crisps (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>BREAKFAST Yogurt Smoothie w/Strawberry Graham Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Tuscan Rotini w/ Meat Sauce Herbed Cauliflower Crisp Garden Salad Berry Blue Applesauce (1 Elem/2 Secondary) Assorted Low Fat Milk</p>	<p>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Cuban Sandwich Steamed Broccoli Baby Carrots w/ Ranch Orange Smiles (1 Elem/2 Secondary) Halloween Celebration Cookie Assorted Low Fat Milk</p>
<p style="text-align: center;">High School MUST serve an additional 1/2c serving of fruit daily.</p> <p style="text-align: center;">9/27/2021</p>				