

# October 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SPV – Grape Tomatoes</b> 4 <b>Sausage Cheese Croissant</b> <b>Or- Yogurt &amp; Cheese Stick with Assorted WG Bread</b> Glazed Carrots Mandarin Oranges	5 <b>Crispy Chicken Sandwich on a WG Bun</b> <b>Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel</b> Golden Corn Chilled Peaches	6 <b>Pizza Hut Pizza with Assorted WG Bread</b> <b>Or- Yogurt &amp; Cheese Stick with Assorted WG Bread</b> Fresh Broccoli Craisins	7 <b>Soft Shell Chicken Taco with a Lettuce &amp; Cheese Cup</b> <b>Or- Yogurt &amp; Sunflower Seeds with Assorted WG Bread</b> Chili Beans Tropical Fruit	8 <b>Baked Rotini Pasta with Meat Sauce and a WG Ciabatta Roll</b>  <b>Or- Yogurt &amp; Cheese Stick with a WG Ciabatta Roll</b> Iceberg Salad Fresh Apple
<b>National School Lunch Week October 11<sup>th</sup> – 15<sup>th</sup></b>				
<b>SPV – Baby Carrots</b> 11 <b>Hot Dog on a WG Bun</b>  <b>Or- Yogurt &amp; Cheese Stick with Assorted WG Bread</b> Baked Beans Chilled Pears	12 <b>Macaroni &amp; Cheese with a WG Soft Pretzel</b> <b>Or- Yogurt &amp; Cheese Stick with a WG Soft Pretzel</b> Garden Peas Strawberries	13 <b>Popcorn Chicken with a WG Biscuit</b> <b>Or- Yogurt &amp; Cheese Stick a WG Biscuit</b> Mixed Vegetables Banana	14 <b>Meatball Sub with Mozzarella Cheese</b>   <b>Or- Yogurt &amp; Sunflower Seeds with Assorted WG Bread</b> Romaine Salad with Croutons Raisins	15 <b>Grilled Cheese Sandwich</b> <b>Or- Yogurt &amp; Cheese Stick with Assorted WG Bread</b> Grape Tomatoes Pineapple Tidbits
<b>SPV – Grape Tomatoes</b> 18 <b>Cheesy Nachos</b> <b>Or- Yogurt &amp; Cheese Stick with Assorted WG Bread</b> Ranch Beans Tropical Fruit	19 <b>Crispy Chicken Waffle Sandwich</b> <b>Or- Yogurt &amp; Cheese Stick with WG Waffles</b> Cinnamon Breakfast Yams Chilled Pears	20 <b>Pizza Hut Pizza with Assorted WG Bread</b> <b>Or- Yogurt &amp; Cheese Stick with Assorted WG Bread</b> Iceberg Salad Chilled Peaches	21 <b>BBQ Pulled Pork on a Bun</b>  <b>Or- Yogurt &amp; Sunflower Seeds with a WG Soft Pretzel</b> French Fries Cinnamon Applesauce	22 <b>Chicken Alfredo with WG Penne Pasta and WG Garlic Toast</b> <b>Or- Yogurt &amp; Cheese Stick with WG Garlic Toast</b> Broccoli Mandarin Oranges
<b>SPV – Baby Carrots</b> 25 <b>Breaded Mozzarella Cheese Sticks with Pizza Sauce</b> <b>Or- Yogurt &amp; Cheese Stick with Assorted WG Bread</b> Seasoned Green Beans Chilled Peaches	26 <b>Roasted Chicken Leg with a WG Ciabatta Roll</b> <b>Or- Yogurt &amp; Cheese Stick with a WG Ciabatta Roll</b> Sweet Potato Wedges Pineapple Tidbits	27 <b>Cheeseburger on a WG Bun</b>  <b>Or- Yogurt &amp; Cheese Stick with Assorted WG Bread</b> Baked Beans Banana	28 <b>Turkey Ham Bacon Flatbread Melt</b>  <b>Or- Yogurt &amp; Sunflower Seeds Assorted WG Bread</b> Romaine Salad with Croutons Orange Wedges	<b>Halloween Meal</b> 29 <b>Monster Bowl w/Popcorn Chicken &amp; Assorted WG Bread</b> <b>Or- Yogurt &amp; Cheese Stick with Assorted WG Bread</b>  Mashed Potatoes w/Gravy  Strawberries Bug Bites

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product **WG** = Whole Grain  
 This Institution is an equal Opportunity provider.