






OCTOBER 2020

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast Bar or Bagel Fresh Whole Fruit Milk	2 Yogurt w/ Whole Grain Grahams Fresh Whole Fruit Milk
5 Assorted Cereal w/ Whole Grain Muffin Fresh Whole Fruit Milk	6 Breakfast Bar or Bagel Fresh Whole Fruit Milk	7 Assorted Cereal w/ Cheese Stick Fresh Whole Fruit Milk	8 Breakfast Bar or Bagel Fresh Whole Fruit Milk	9 Yogurt w/ Whole Grain Grahams Fresh Whole Fruit Milk
12 Assorted Cereal w/ Whole Grain Muffin Fresh Whole Fruit Milk	13 Breakfast Bar or Bagel Fresh Whole Fruit Milk	14 Assorted Cereal w/ Cheese Stick Fresh Whole Fruit Milk	15 Breakfast Bar or Bagel Fresh Whole Fruit Milk	16 Yogurt w/ Whole Grain Grahams Fresh Whole Fruit Milk
19 Assorted Cereal w/ Whole Grain Muffin Fresh Whole Fruit Milk	20 Breakfast Bar or Bagel Fresh Whole Fruit Milk	21 Assorted Cereal w/ Cheese Stick Fresh Whole Fruit Milk	22 Breakfast Bar or Bagel Fresh Whole Fruit Milk	23 Yogurt w/ Whole Grain Grahams Fresh Whole Fruit Milk
26 Assorted Cereal w/ Whole Grain Muffin Fresh Whole Fruit Milk	27 Breakfast Bar or Bagel Fresh Whole Fruit Milk	28 Assorted Cereal w/ Cheese Stick Fresh Whole Fruit Milk	29 Breakfast Bar or Bagel Fresh Whole Fruit Milk	30 Yogurt w/ Whole Grain Grahams Fresh Whole Fruit Milk

This institution is an equal opportunity provider

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Quote of the Month:
 “To eat is necessity,
 but to eat intelligently



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LUNCH MENU				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Turkey & Cheddar on Whole Grain Bun Corn & Tomato Salad Fresh Whole Fruit, Milk	2 Chicken Caesar Wrap on Whole Grain Tortilla Fresh Whole Fruit Milk
5 Cheesy Whole Grain Pasta with Tomato Sauce Zucchini Fresh Whole Fruit Milk	6 Turkey Burger on Whole Grain Bun Plantains Fresh Whole Fruit Milk	7 Bean, Chicken & Brown Rice Taco Bowl Salsa Fresh Whole Fruit Milk	8 Roast Beef & Cheddar on Whole Grain Bun Baby Carrots Fresh Whole Fruit Milk	9 Chicken Tender Wrap on Whole Grain Tortilla Fresh Whole Fruit Milk
12 Whole Grain Macaroni & Cheese Green Beans Fresh Whole Fruit Milk	13 Cheeseburger on Whole Grain Bun Crunchy Chickpeas Fresh Whole Fruit Milk	14 Teriyaki Chicken over Brown Rice Green Beans Fresh Whole Fruit Milk	15 Turkey & Cheddar on Whole Grain Bun Corn & Tomato Salad Fresh Whole Fruit, Milk	16 Cheeseburger on Whole Grain Bun Crunchy Chickpeas Fresh Whole Fruit Milk
19 Cheesy Whole Grain Pasta with Tomato Sauce Zucchini Fresh Whole Fruit Milk	20 Turkey Burger on Whole Grain Bun Plantains Fresh Whole Fruit Milk	21 Bean, Chicken & Brown Rice Taco Bowl Salsa Fresh Whole Fruit Milk	22 Roast Beef & Cheddar on Whole Grain Bun Baby Carrots Fresh Whole Fruit Milk	23 Chicken Tender Wrap on Whole Grain Tortilla Fresh Whole Fruit Milk
26 Cheesy Whole Grain Pasta with Tomato Sauce Zucchini Fresh Whole Fruit Milk	27 Cheeseburger on Whole Grain Bun Crunchy Chickpeas Fresh Whole Fruit Milk	28 Teriyaki Chicken over Brown Rice Green Beans Fresh Whole Fruit Milk	29 Turkey & Cheddar on Whole Grain Bun Corn & Tomato Salad Fresh Whole Fruit Milk	30 Chicken Caesar Wrap on Whole Grain Tortilla Fresh Whole Fruit Milk

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