

BREAKFAST
LUNCH

OCTOBER 2021

Pre-K – 5TH Grade

All students eat for
FREE this year!

Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast Break! Cereal, Whole Grain Crackers, Juice and Milk **4**

Chicken Tenders
Golden Sweet Corn Kernels
Peaches

Homemade Muffin, Orange & Milk **5**

Taco Tuesday!
Walking Tacos with Taco Meat, Shredded Lettuce, Cheese, Black Beans, Salsa & Chips
Applesauce
Milk

French Toast Sticks Apple & Milk **6**

Ultimate Cheese Breadsticks With Marinara Cup
Applesauce
Milk

Fresh Fruit Smoothies Goldfish Graham Crackers **7**

Chicken Mac N' Cheese
Roasted Broccoli
Peaches
Milk

Hot Breakfast Sandwich, Orange & Milk **1**

Cheese Pizza
Baby Carrots
Peaches
Milk

11

No School
Columbus Day

Homemade Muffin, Orange & Milk **12**

Taco Tuesday!
Walking Tacos with Taco Meat, Shredded Lettuce, Cheese, Black Beans, Salsa & Chips
Apple
Milk

French Toast Sticks Apple & Milk **13**

General Tso's Chicken
White Rice
Green Beans
Milk

Fresh Fruit Smoothies Goldfish Graham Crackers **14**

Oven Roasted Chicken
Golden Sweet Corn Kernels
Applesauce
Milk

Hot Breakfast Sandwich, Applesauce & Milk **8**

Hot Dog
Baked Beans
Mixed Fruit
Milk

Hot Breakfast Sandwich, Orange & Milk **15**

Pepperoni Pizza
Baby Carrots
Peaches
Milk

Breakfast Break! Cereal, Whole Grain Crackers, Juice and Milk **18**

Cheeseburger
French Fries
Peaches
Milk

Homemade Muffin, Orange & Milk **19**

Taco Tuesday!
Walking Tacos with Taco Meat, Shredded Lettuce, Cheese, Black Beans, Salsa & Chips
Applesauce
Milk

French Toast Sticks Apple & Milk **20**

Cheese Pizza
Baby Carrots
Pears
Milk

Fresh Fruit Smoothies Goldfish Graham Crackers **21**

Homemade Broccoli Cheddar Soup
Dinner Roll & Butter
Mixed Fruit
Milk

22

No School
Conference Day

Breakfast Break! Cereal, Whole Grain Crackers, Juice and Milk **25**

Crispy Chicken Sandwich
French Fries
Golden Sweet Corn Kernels
Milk

Homemade Muffin, Orange & Milk **26**

Taco Tuesday!
Walking Tacos with Taco Meat, Shredded Lettuce, Cheese, Black Beans, Salsa & Chips
Apple
Milk

French Toast Sticks Apple & Milk **27**

Tangerine Chicken
White Rice
Green Beans
Milk

Fresh Fruit Smoothies Goldfish Graham Crackers **28**

Spaghetti & Meatballs
Roasted Broccoli
Peaches
Milk

Hot Breakfast Sandwich, Orange & Milk **29**

Halloween Themed Lions 'Lunchable'
Pumpkin Pie Hummus with Pretzels
Baby Carrots
Meat & Cheese Roll-up

Offered Daily at Lunch: PB&J or Yogurt & Bagel

This menu is subject to change without advance notice.
Contact the Food Service Office if you have any questions, comments or concerns.
We can be reached by phone at (607)844-8694 x 4205.