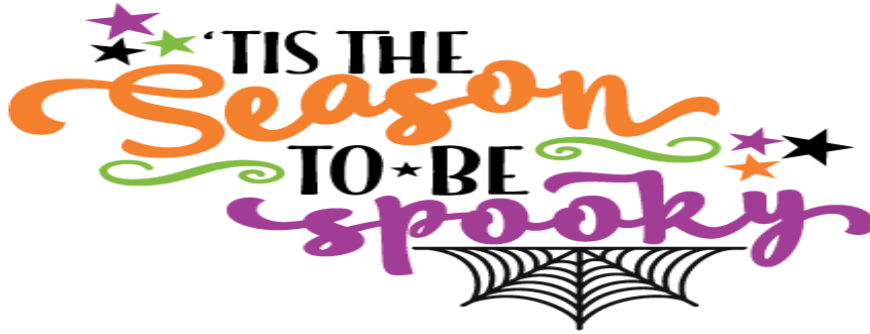


# OCTOBER 2021 MENU

Created 9/10/21  
Updated 9/16



					<p><b>BREAKFAST</b> Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Mini Cheesy Calzones w/ Marinara Sauce All American Hotdog Herbed Cauliflower Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>
<p><b>BREAKFAST</b> Blueberry Belgian Waffle Celebration Benefit Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Meatball &amp; Marinara Sub Sweet Kernel Corn Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Mini Queso Bites w/ Salsa Tasty Brands Turkey &amp; Cheese Sandwich Creamed Spinach Baby Carrots w/ Ranch 100% Fruit Juice Assorted low Fat Milk</p>	<p><b>BREAKFAST</b> Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Original Cheeseburger Chicken &amp; Yellow Rice Seasoned Black beans Grape Tomatoes w/ Ranch Strawberry Apple Crisps Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Mini Loaf &amp; Cheese Stick Yogurt Smoothie w/Strawberry Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Tuscan Rotini w/ Meat Sauce Herbed Cauliflower Crisp Garden Salad Berry Blue Applesauce Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Crispy Chicken/ Spicy Chicken Sandwich Brunch Platter Steamed Broccoli Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>	
<p><b>BREAKFAST</b> Blueberry Belgian Waffle Celebration Benefit Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Chicken Sliders (2) Baked Sweet Plantains Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Macaroni &amp; Cheese BBQ Pork Sandwich BBQ Baked Beans Baby Carrots w/ Ranch 100% Fruit Juice Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Sausage Biscuit Eggo® Mini Cinnamon Waffles Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Original Cheeseburger Tuscan Chicken Alfredo Steamed Broccoli Grape Tomatoes w/ Ranch Assorted Canned Fruit Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Mini Loaf &amp; Cheese Stick Yogurt Smoothie w/Strawberry Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Teriyaki Chicken w/ Fried Rice Roasted Carrots Crisp Garden Side Salad Applesauce Cup Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Brunch Platter Tasty Brands Turkey, Turkey Pepperoni, &amp; Cheese Croissant Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Orange Smiles Assorted Low Fat Milk</p>	
<p><b>BREAKFAST</b> Blueberry Belgian Waffle Celebration Benefit Bar Raisin Box 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Tuscan Rotini &amp; Meatballs Cheesy Garlic &amp; Herb Broccoli Cucumber Slices w/ Ranch Fresh Apple Slices Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Chicken Biscuit Yogurt with Graham Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Southern Style chicken Bites with Cheez its® Cuban Sandwich Seasoned Black Beans Baby Carrots w/ Ranch 100% Fruit Juice Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Sausage Biscuit Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> General Tso's Chicken w/ Fried Rice Original Cheeseburger Oven Roasted Potato Wedges Grape Tomatoes w/ Ranch Strawberry Applesauce Cup Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Mini Loaf &amp; Cheese Stick Yogurt Smoothie w/Strawberry Graham Assorted Canned Fruit 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Four Cheese or Pepperoni Pizza Slice Turkey &amp; Cheese Sliders (2) Peas &amp; Carrots Crisp Garden Side Salad Assorted Canned Fruit Assorted Low Fat Milk</p>	<p><b>BREAKFAST</b> Sausage Biscuit Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b> Mini Cheesy Calzones w/ Marinara Sauce All American Hotdog Herbed Cauliflower Baby Carrots w/ Ranch Fresh Orange Wedges Assorted Low Fat Milk</p>	

<p>25</p> <p><b>BREAKFAST</b>  Blueberry Belgian Waffle  Celebration Benefit Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Four Cheese or Pepperoni  Pizza Slice  Meatball &amp; Marinara Sub  Sweet Kernel Corn  Cucumber Slices w/ Ranch  Fresh Apple Slices  Assorted Low Fat Milk</p>	<p>26</p> <p><b>BREAKFAST</b>  Chicken Biscuit  Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Mini Queso Bites w/ Salsa  Tasty Brands Turkey &amp;  Cheese Sandwich  Creamed Spinach  Baby Carrots w/ Ranch  100% Fruit Juice  Assorted low Fat Milk</p>	<p>27</p> <p><b>BREAKFAST</b>  Sausage Biscuit  Mini Blueberry Pancakes  Buddy Fruit® Cinnamon  Applesauce  100% Juice  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Original Cheeseburger  Chicken &amp; Yellow Rice  Seasoned Black beans  Grape Tomatoes w/ Ranch  Strawberry Apple Crisps  Assorted Low Fat Milk</p>	<p>28</p> <p><b>BREAKFAST</b>  Mini Loaf &amp; Cheese Stick  Yogurt Smoothie  w/Strawberry Graham  Assorted Canned Fruit  100% Juice  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Four Cheese or Pepperoni  Pizza Slice  Tuscan Rotini w/ Meat Sauce  Herbed Cauliflower  Crisp Garden Salad  Fresh Orange Smiles  Assorted Low Fat Milk</p>	<p>29</p> <p><b>BREAKFAST</b>  Sausage Biscuit  Banana Chocolate Chunk  Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)</p> <p><b>LUNCH</b>  Crispy Chicken/ Spicy Chicken  Sandwich  Brunch Platter  Steamed Broccoli  Baby Carrots w/ Ranch  <b>Halloween Orange Fruited  Gelatin w/ Whip Cream</b>  Assorted Low Fat Milk</p>
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**Breakfast: Cereal can be served daily for breakfast along with the other menu choices.**

**High School MUST serve an additional 1/2c serving of fruit daily.**

A Munchable of Choice- PBJ Munchable (FH-102), Yogurt Munchable (FH-104), Cereal w/ Graham Munchable (FH-118), Smoothie Munchable (FH-104a), or Sliced Loaf Munchable (DH-175) must be offered every day.