



OCTOBER 2021 DYSPHAGIA MENU

2021-2022 Meal Prices:

Elementary, Middle, High School Breakfast: **NO COST**

Elementary, Middle, High School Lunch: **NO COST**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Pancakes & Sausage Applesauce Juice Milk Green Chili Cheese Burrito w/ Nacho Cheese Mixed Vegetables Green Beans Mandarin Oranges <div style="text-align: right;">#10</div>
4 Fruit & Yogurt Parfait Applesauce Juice Milk Chicken Enchiladas Seasoned Black Beans Green Beans Canned Peaches <div style="text-align: right;">#11</div>	5 Sausage Biscuit w/ Gravy Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice <div style="text-align: right;">#12</div>	6 French Toast w/ Fruit Compote Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler <div style="text-align: right;">#13</div>	7 Chicken Biscuit w/ Gravy Applesauce Juice Milk Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears <div style="text-align: right;">#14</div>	8 Blueberry Muffin w/ Fruit Compote Applesauce Juice Milk Macaroni & Cheese Tomato Soup Creamed Spinach Fruit Cobbler <div style="text-align: right;">#15</div>
11 Oatmeal w/ Fruit Compote Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler <div style="text-align: right;">#16</div>	12 Chicken & Waffles Applesauce Juice Milk Pulled Pork BBQ Sweet Potatoes Green Beans Canned Peaches <div style="text-align: right;">#17</div>	13 Cinnamon Roll w/ Sausage Applesauce Juice Milk Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Squash/Zucchini Spiced Applesauce <div style="text-align: right;">#18</div>	14 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail <div style="text-align: right;">#19</div>	15 Pancakes & Sausage Applesauce Juice Milk Green Chili Cheese Burrito w/ Nacho Cheese Mixed Vegetables Green Beans Mandarin Oranges <div style="text-align: right;">#20</div>

18 Fruit & Yogurt Parfait Applesauce Juice Milk Chicken Enchiladas Seasoned Black Beans Green Beans Canned Peaches #1	19 Sausage Biscuit w/ Gravy Applesauce Juice Milk Salisbury Steak Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice #2	20 French Toast w/ Fruit Compote Applesauce Juice Milk Chicken Nuggets w/ Country Gravy Mashed Potatoes Green Beans Fruit Cobbler #3	21 Chicken Biscuit w/ Gravy Applesauce Juice Milk Spaghetti Glazed Carrots Seasoned Green Beans Canned Pears #4	22 NO SCHOOL #5
25 2 Yogurts Applesauce Juice Milk Beef & Cheese Nachos Seasoned Black Beans Cauliflower Peach Cobbler #6	26 Chicken & Waffles Applesauce Juice Milk Turkey Alfredo Green Beans Glazed Carrots Fruit Cocktail #7	27 Cinnamon Roll w/ Sausage Applesauce Juice Milk Mashed Potato Bowl w/ Cheese & Chicken Glazed Carrots Squash/Zucchini Spiced Applesauce #8	28 Cream of Wheat w/ Fruit Compote Applesauce Juice Milk Chili Sweet Potatoes Squash/Zucchini Fruit Cocktail #9	29 Pancakes & Sausage Applesauce Juice Milk Green Chili Cheese Burrito w/ Nacho Cheese Mixed Vegetables Green Beans Mandarin Oranges #10

All menu items can be provided as Pureed, Minced & Moist, or Soft & Bite Sized based on Doctor's orders.

****All meals come with a choice of 1% white milk or fat free chocolate milk****

*****Standard Dysphagia Breakfast served after a holiday will be 2 Yogurts, Applesauce, juice and choice of milk*****

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Menus are subject to change without notice due to price and availability of food