



## OCTOBER DYSPHAGIA MENU

**2020-2021 Meal Prices:**

Paid Elementary Breakfast: \$1.00 // Paid Elementary Lunch: \$2.25

Paid Secondary Breakfast: \$1.25 // Paid Secondary Lunch: \$2.50

Reduced Student Breakfast: \$0.20 // Reduced Student Lunch: \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> <b>Cream of Wheat w/ Fruit Compote</b> Applesauce Juice Milk  <b>Chili</b> Sweet Potatoes Squash/Zucchini Fruit Cocktail  <div style="text-align: right;">#9</div>	<b>2</b> <b>Pancakes &amp; Sausage</b> Applesauce Juice Milk  <b>Green Chili Cheese Burrito w/ Nacho Cheese</b> Mixed Vegetables Green Beans Mandarin Oranges  <div style="text-align: right;">#10</div>
<b>5</b> <b>Fruit &amp; Yogurt Parfait</b> Applesauce Juice Milk  <b>Chicken Enchiladas</b> Seasoned Black Beans Green Beans Canned Peaches  <div style="text-align: right;">#11</div>	<b>6</b> <b>Sausage Biscuit w/ Gravy</b> Applesauce Juice Milk  <b>Salisbury Steak</b> Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice  <div style="text-align: right;">#12</div>	<b>7</b> <b>French Toast w/ Fruit Compote</b> Applesauce Juice Milk  <b>Chicken Teriyaki</b> Fried Rice Glazed Carrots Squash/Zucchini Spiced Applesauce  <div style="text-align: right;">#13</div>	<b>8</b> <b>Chicken Biscuit w/ Gravy</b> Applesauce Juice Milk  <b>Spaghetti</b> Glazed Carrots Seasoned Green Beans Canned Pears  <div style="text-align: right;">#14</div>	<b>9</b> <b>Blueberry Muffin w/ Fruit Compote</b> Applesauce Juice Milk  <b>Macaroni &amp; Cheese</b> Tomato Soup Creamed Spinach Fruit Cobbler  <div style="text-align: right;">#15</div>
<b>12</b> <b>Oatmeal w/ Fruit Compote</b> Applesauce Juice Milk  <b>Beef &amp; Cheese Nachos</b> Seasoned Black Beans Cauliflower Peach Cobbler  <div style="text-align: right;">#16</div>	<b>13</b> <b>Chicken &amp; Waffles</b> Applesauce Juice Milk  <b>Pulled Pork BBQ</b> Sweet Potatoes Green Beans Canned Peaches  <div style="text-align: right;">#17</div>	<b>14</b> <b>Cinnamon Roll w/ Sausage</b> Applesauce Juice Milk  <b>Mashed Potato Bowl w/ Cheese &amp; Chicken</b> Glazed Carrots Squash/Zucchini Spiced Applesauce  <div style="text-align: right;">#18</div>	<b>15</b> <b>Cream of Wheat w/ Fruit Compote</b> Applesauce Juice Milk  <b>Chili</b> Sweet Potatoes Squash/Zucchini Fruit Cocktail  <div style="text-align: right;">#19</div>	<b>16</b> <b>Pancakes &amp; Sausage</b> Applesauce Juice Milk  <b>Fish Filet w/ Tartar Sauce</b> Tomato Soup Glazed Carrots Fruit Cobbler  <div style="text-align: right;">#20</div>

<b>19</b> <b>Fruit &amp; Yogurt Parfait</b> Applesauce Juice Milk  <b>Chicken Enchiladas</b> Seasoned Black Beans Green Beans Canned Peaches  #1	<b>20</b> <b>Sausage Biscuit w/ Gravy</b> Applesauce Juice Milk  <b>Salisbury Steak</b> Glazed Carrots Mashed Potatoes Fresh Banana w/ Pineapple or Orange Juice  #2	<b>21</b> <b>French Toast w/ Fruit Compote</b> Applesauce Juice Milk  <b>Chicken Teriyaki</b> Fried Rice Glazed Carrots Squash/Zucchini Spiced Applesauce  #3	<b>22</b> <b>Chicken Biscuit w/ Gravy</b> Applesauce Juice Milk  <b>Spaghetti</b> Glazed Carrots Seasoned Green Beans Canned Pears  #4	<b>23</b> <b>Blueberry Muffin w/ Fruit Compote</b> Applesauce Juice Milk  <b>Macaroni &amp; Cheese</b> Tomato Soup Creamed Spinach Fruit Cobbler  #5
<b>26</b> <b>Oatmeal w/ Fruit Compote</b> Applesauce Juice Milk  <b>Beef &amp; Cheese Nachos</b> Seasoned Black Beans Cauliflower Peach Cobbler  #6	<b>27</b> <b>Chicken &amp; Waffles</b> Applesauce Juice Milk  <b>Turkey Alfredo</b> Green Beans Glazed Carrots Fruit Cocktail  #7	<b>28</b> <b>Cinnamon Roll w/ Sausage</b> Applesauce Juice Milk  <b>Chicken Nuggets w/ Country Gravy</b> Mashed Potatoes Green Beans Fruit Cobbler  #8	<b>29</b> <b>Cream of Wheat w/ Fruit Compote</b> Applesauce Juice Milk  <b>Chili</b> Sweet Potatoes Squash/Zucchini Fruit Cocktail  #9	<b>30</b> <b>Pancakes &amp; Sausage</b> Applesauce Juice Milk  <b>Green Chili Cheese Burrito w/ Nacho Cheese</b> 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\*