



OCTOBER 2020 BREAKFAST AND LUNCH MENU

Pre-K BREAKFAST: Student: No Cost// Adult/Visitor breakfast \$2

Pre-K LUNCH: Student: No Cost// Adult/Visitor lunch \$3.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Ham & Cheese Croissant Orange Chicken & Lo Mein Garden Salad Steamed Broccoli Fresh Apple Slices	2 Chicken Biscuit Mini Corn Dogs Garden Salad Zucchini Fresh Apple Slices
5 Whole Wheat Cinnamon Roll OR Yogurt & Granola Nachos w/ Baked Tostitos Baby Carrots Seasoned Black Beans Sliced Peaches	6 Mini Pancakes Cheeseburger Baby Carrots Whole Kernel Corn Fruit Cobbler	7 Pancake & Turkey Sausage Minis Mini Pizza Bagels Garden Salad Seasoned Green Beans Fresh Apple Slices	8 Ham & Cheese Croissant Turkey Hot Dog Garden Salad Mixed Vegetables Fresh Apple Slices	9 Sausage & Cheese Kolache Steak Fingers Cole Slaw Mashed Potatoes & Gravy Fresh Apple Slices
12 Whole Wheat Cinnamon Roll OR Yogurt & Granola Breaded Chicken Sandwich Baby Carrots Steamed Broccoli Sliced Peaches	13 French Toast Beef Soft Tacos Garden Salad Seasoned Pinto Beans Fresh Apple Slices	14 Very Berry Muffin Cheese Pizza Garden Salad Seasoned Green Beans Fresh Apple Slices	15 Ham & Cheese Croissant Cheeseburger Garden Salad Mixed Vegetables Fresh Apple Slices	16 Chicken Biscuit Cheese Stuffed Breadsticks Garden Salad Whole Kernel Corn Fresh Apple Slices
19 Whole Wheat Cinnamon Roll OR Yogurt & Granola Nachos w/ Baked Tostitos Baby Carrots Seasoned Black Beans Frozen Peach Cup	20 Mini Pancakes Steak Fingers Garden Salad Mashed Potatoes & Gravy Fresh Apple Slices	21 Sausage & Cheese Biscuit Cheese Pizza Broccoli Salad Garden Salad Fresh Apple Slices	22 Ham & Cheese Croissant Mac & Cheese Garden Salad Seasoned Green Beans Fresh Apple Slices	23 Sausage & Cheese Kolache Turkey Hot Dog Garden Salad Mixed Vegetables Fresh Apple Slices
26 Whole Wheat Cinnamon Roll OR Yogurt & Granola Cheese Stuffed Breadsticks Baby Carrots Seasoned Pinto Beans Frozen Peach Cup	27 Pancake & Turkey Sausage Minis Chicken Tenders Garden Salad Whole Kernel Corn Fresh Apple Slices	28 Very Berry Muffin Cheese Pizza Garden Salad Mixed Vegetables Fresh Apple Slices	29 Ham & Cheese Croissant Orange Chicken & Lo Mein Garden Salad Steamed Broccoli Fresh Apple Slices	30 Chicken Biscuit Mini Corn Dogs Garden Salad Zucchini Fresh Apple Slices

This institution is an equal opportunity provider.

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

A Complete Breakfast Includes:

- Entrée
- Fruit
- 1% white milk

A Complete Lunch Includes:

- Entrée
- 1 fruit
- 2 vegetables
- 1% white milk

Daily Lunch Features:

WOWbutter sandwich, string cheese and goldfish entrée