

Menu for Week of October 4 through October 10, 2020

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
B R E A K F A S T	100% Fruit Juice WG Cream of Wheat Sugar Egg & Cheese Sandwich Egg Patty American Cheese WG English Muffin Orange-Fresh Milk Options	4 oz ¾ c 3 pk 1 ea 1 ea 1 ea 1 ea 1 ea 8 oz	100% Fruit Juice Grits Margarine WG Mini Breakfast Bites Fresh Fruit Cup Milk Options	4 oz ¾ c 1 pk 1 pk 1 cup 8 oz.	100% Fruit Juice Oatmeal Sugar Scrambled Eggs Mrs Dash Potato Wedges Ketchup R/S Banana Milk Options	4 oz ¾ C 3 pk 1/4 C 1 C ¾ C 2 pk. 1 ea. 8 oz.	100% Fruit Juice Dry Cereal Stuffed Mini Bagel Yogurt -Greek Pineapple & Grapes-Fresh Milk Options	4 oz. 1 bx 1 pk 1 ea 1 C 8 oz	100% Fruit Juice WG Cream of Wheat Sugar Breakfast Pizza Fresh Fruit Cup Milk Options	4 oz ¾ c 3 pk 1 ea 1 C 8 oz	100% Fruit Juice Dry Cereal WG French Toast SF Pancake Syrup Spiced Apples Milk Options	4 oz 1 bx 2 ea 1 ea ¾ C 8 oz	100% Fruit Juice Oatmeal Sugar WG Cinnamon Roll Yogurt-Greek Orange-Fresh Milk Options	4 oz ¾ C 3 pk 1 ea. 1 ea. 1 ea. 8 oz
L U N C H	Baked Chicken Gravy Mixed Vegetables Brown Rice WG Dinner Roll Margarine Melon Cup Milk Options 100% Fruit Juice	2.5oz 2 oz. 1 C ½ c. 1 ea 1 pk 1 C 8 oz 4 oz	Turkey Sandwich Turkey Deli Meat American Cheese Lettuce & Tomato Lt Mayo & Ketchup Seasoned Fries Kale Fresh Fruit Cup Milk Options 100% Fruit Juice	2 oz. 1 sl ½ c 1/4pk ¾ c 1 C 1 C 8 oz 8 oz 4 oz	Steak Chipolte Bowl Seasoned Beef Strips Shredded Cheddar Seasoned Brown Rice Lettuce & Tomato R/S Salsa FF Sour Cream Mexicali Corn Pear-Fresh Milk Options 100% Fruit Juice	3 oz. ½ oz 1 c 1 c 2 oz 1 pk ½ c 1 ea. 8 oz 4 oz	Cheese Steak Sub Beef Wafer Steak American Cheese WG Sub Roll Lettuce & Tomato Broccoli Potato Wedges Ketchup & Lite Mayo Orange-Fresh Milk Options 100% Fruit Juice	2 oz 1 sl 1 ea ½ c 1 C ¾ C 4/2pk 1 ea 8 oz 4 oz	Chicken Salad Sandwich WG Hamburger Bun Tossed Salad FF Ranch Sweet Potato Fries Ketchup R/S Apple-Fresh Milk Options 100% Fruit Juice	4 oz 1 ea 1.5 c. 3 pk. 1/2 c. 2 pk 1 ea. 8 oz 4 oz	Beef Meatballs LS Beef Gravy Brown Rice WG Dinner Roll Margarine Green Beans Sliced Peaches Milk Options 100% Fruit Juice	3 ea 4 oz 3/4 c 1 ea. 1 pk 1 cup ¾ C 8 oz 4 oz	Grilled Chic'n Sand Seasoned Chicken Breast WG Hamburger Bun American Cheese Lettuce & Tomato Lt Mayo Baked Beans Carrot & Celery Sticks FF Ranch Fresh Fruit Cup Milk Options 100% Fruit Juice	3 oz 1 ea. 1 sl ½ C 1 pk ½ c. 6/3 ea 3 pk 1 c. 8 oz 4 oz
D I N N E R	Twin Cheeseburgers Beef Patty WG Hamburger Bun American Cheese Lettuce & Tomato Mayo & Mustard French Fries Ketchup Veggie Blend Brownie Milk Options 100% Fruit Juice	2 ea 2 ea 2 ea 2 sl ½ C 2/2pk 1 C 4 pk 1 C 1 sq 2/8oz 2/4oz	Buffalo Chicken Wrap Spicy Chicken Tenders 12" Flour Tortilla Lettuce & Tomato Ranch Dressing Pasta Salad Potato Chips Fresh Baked Cookies Milk Options 100% Fruit Juice	1 ea 4 ea 1 ea ½ C 1 oz 1 C 1 bag 3 ea 2/8oz 2/4oz	Chicken & Broccoli Alfredo Garden Salad Salad Dressing Garlic Bread Pear Halves Iced Chocolate Cake Milk Options 100% Fruit Juice	1.5 C 1 C 1 svg 2 pc 2 pc 1 sq 2/8oz 2/4oz	Pepper Steak Mashed Potatoes LS Beef Gravy Collard Greens WG Dinner Rolls Margarine Cheese Cake Milk Options 100% Fruit Juice	8 oz. 1 C 4 oz 1 C 2 ea 2 pk 1 pc. 2/8oz 2/4oz	Spaghetti Meat Sauce Italian Vegetables Tossed Salad Salad Dressing Garlic Bread Parmesan Cheese Fresh Baked Cookies Milk Options 100% Fruit Juice	1 C 1 C 1 C 1 C 1 svg 2 pc 2 pk 3 ea 2/8oz 2/4oz	Vegetable Beef Soup Meatlovers Pizza Caesar Salad Salad Dressing Mozzarella Sticks Marinara Sauce Ice Cream Milk Options 100% Fruit Juice	1 C 2 pc 1 C 1 oz 4 pc 2 oz 1 ea 2/8oz 2/4oz	Roasted Old Bay Wings Dipping Sauce Tater Tots Ketchup Broccoli Biscuit Margarine Apple Crisp Milk Options 100% Fruit Juice	4 pc 4 oz 1 C 4 pk 1 C 2 ea 2 pk 1 C 2/8oz 2/4oz
S N A C K	Bagelful-Strawberry Assorted Drink	1 ea 8 oz.	Cheez-it Crackers Assorted Drink	1 pk 8 oz.	Pretzel Braid Mustard Assorted Drink	1 ea 2 pks 8 oz.	Apple Cinn Nutragrain Bar Fresh Fruit Assorted Drink	1 ea 1 pc. 8 oz.	Sun Chips-Cheddar Assorted Drink	1 pk 8 oz.	Baked Cheetos Assorted Drink	1 pk 8 oz.	Honey Bun Assorted Drink	1 ea. 8 oz.

Use only 1% or Fat Free Milk. Use only 100% Fruit Juice