

Menu for Week of October 11 through October 17, 2020

	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
B R E A K F A S T	100% Fruit Juice Dry Cereal WG Waffles SF Pancake Syrup Spiced Apples Milk	4 oz 1 bx 2 ea. 1 ea. ½ C 8 oz	100% Fruit Juice Oatmeal Sugar Breakfast Sliders Fresh Fruit Cup Milk	4 oz ¾ c 3 pk 3 ea 1 cup 8 oz	100% Fruit Juice Dry Cereal Yogurt -Greek WG English Muffin Margarine Jelly Banana Milk	4 oz 1 bx 1 ea. 1 ea 1 pk 1 pk 1 ea. 8 oz	100% Fruit Juice WG Cream o Wheat Breakfast Wrap Mandarin Oranges Milk Sugar	4 oz ¾ c 1 ea. 1/2 C 8 oz 3 pk	100% Fruit Juice Dry Cereal WG Cinnamon Roll Yogurt-Greek Banana Milk	4 oz 1 bx 1 ea 1 ea 1 ea 8 oz	100% Fruit Juice Oatmeal WG English Muffin Turkey Sausage American Cheese Sugar Spiced Apple Milk	4 oz ¾ c 1 ea. 1 ea 1 sl 3 pk ½ C 8 oz	100% Fruit Juice Dry Cereal Hash Brown Ketchup R/S HC Egg Mrs. Dash Orange Milk	4 oz 1 bx 1 ea. 2 ea 1 ea. 1 pk 1 ea. 8 oz
L U N C H	Roast Beef Mashed Potatoes LS Beef Gravy Collard Greens WG Dinner Roll Margarine Apple -Fresh Milk Options 100% Fruit Juice	3 oz ½ C 2 oz 1 C 2 ea 1 pk. 1 ea 8 oz 4 oz	Chicken Parmesan Chicken Breast Spaghetti Sauce Mozzarella Cheese WG Spaghetti Green Beans WG Dinner Roll Margarine Orange-Fresh Milk Options 100% Fruit Juice	2.5oz. 4 oz ½ oz. 3/4 c. 1 C. 1 ea 1 pk 1 ea 8 oz 1 ea 4 oz	Crunchy Beef Tacos Seasoned Beef Shredded Cheddar Shredded Lettuce Diced Tomatoes Corn Tortilla Shells R/S Salsa FF Sour Cream Mexican Rice Black Beans Apple-Fresh Milk Options 100% Fruit Juice	2 oz ½ oz ¾ C ½ C 2 ea 2 oz 1 pk. ½ C ½ C 1 ea 8 oz 1 ea 8 oz 4 oz	Chicken Cheese Steak Sub Chicken Wafer Steak American Cheese WG Sub Roll Potato Wedges Ketchup R/S Lite Mayonnaise Tossed Salad FF Ranch Fresh Fruit Cup Milk Options 100% Fruit Juice	4 oz 1 ea 1 sl 1 ea ½ c 4 pk. 2 pk 1.5 C 3 pk 1 C 8 oz 4 oz	WG Pizza Round Corn on Cob Carrot Sticks FF Ranch Pineapple Chunks-Fresh Milk Options 100% Fruit Juice	1 ea 1 ea. 6 ea. 3 pk 1/2 c 8 oz 4 oz	Cheeseburger Beef Patty WG Hamburg Bun Cheese Slice Lettuce & Tomato Mustard & Lt Mayo Ketchup Seasoned Fries Capri Veggies Sliced Peaches Milk Options 100% Fruit Juice	2 oz 1 ea 1 sl ½ c 1/1 pk 4 pk ½ c 1 c. ½ c 8 oz 4 oz	Fish Sandwich WG Fish Fillet WG Hamburger Bun Baked Potato Shredded Cheddar Broccoli FF Sour Cream Tartar Sauce Pear-Fresh Milk Options 100% Fruit Juice	3.5oz 1 ea 1 ea 1/2 oz 1 C 1 pk 1 pk 1 ea 8 oz 4 oz
D I N N E R	Baked Chicken Qtrs Glazed Sweet Potato Veggie Blend Corn Muffin Margarine Iced White Cake Milk Options 100% Fruit Juice	2 pc. 1 C 1 C 2 ea 3 pk 1 sq 2/8oz 2/4oz	Broccoli & Cheese Soup Chicken Quesadilla Seasoned Chicken WG Tortilla 9" Shredded Cheddar Mexicali Corn Sour Cream/Salsa Lettuce & Tomato Fruit Cobbler Milk Options 100% Fruit Juice	1 C 1 ea 2 oz. 2 1 C ½ c. 1pk/2oz 1 c 1 c 2/8oz 2/4oz	Homemade Meatloaf Beef Gravy Egg Noodles Seasoned Cabbage Corn Bread Margarine Fresh Baked Cookies Fresh Fruit Milk Options 100% Fruit Juice	6 oz 4 oz 1 C 1/2 C 2 sq 2 pk 3 ea 1 pc 2/8oz 2/4oz	Meatball Sub Beef Meatballs Marinara Sauce Shredded Mozzarella Sub Roll French Fries Ketchup Kale Iced Spice Cake Milk Options 100% Fruit Juice	5 ea 1/2 C 1 oz 1 ea 1 C 2 pk 4 pk 1 C 1 sq 2/8oz 2/4oz	Chicken & Rice Soup Crackers Chicken Salad Wrap 12" Flour Tortilla Lettuce & Tomato Potato Chips Ice Cream Fruit Cup Milk Options 100% Fruit Juice	1 C 2 pk 6 oz 1 ea 1 C 1 bag 1 ea 1 C 2/8oz 2/4oz	Youth Choice Meal Meal Plan Meat Fruit promotion Veg. promotion Starch Bread Dessert Milk Fruit Juice	4 oz 1 C 1 C 1 C 2 ea. 1 ea. 16 oz 8 oz.	Chic'n & Waffles Chicken Tenders Belgium Waffles Pancake Syrup Potato Wedges Corn on Cob Ketchup Fried Cinnamon Apples Vanilla Icecream Cup Milk Options 100% Fruit Juice	4 pc 2 pc 2 oz 1 C 1 pc 4 pk 1/2 C 1 ea 2/8oz 2/8oz 2/4oz
S N A C K	Banana Bread-WG Assorted Drink	1 pc 8 oz.	Chex Mix-Traditional Assorted Drink	1 pk 8 oz.	Danish-Variety Assorted Drink	1 ea 8 oz.	Potato Chips Assorted Drink	1 pk. 8 oz.	Pop Tarts-Strawberry Assorted Drink	1 pk 8 oz.	Rold Gold Pretzels Assorted Drink	1 pk 8 oz.	100 cal Chips Ahoy Cookies Fresh Fruit Assorted Drink	1 pk 1 pc 8 oz

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