**OCTOBER 2021 MENU**

**READY TO SERVE**

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|  | | | | 1 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni & Cheese  Herbed Cauliflower  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 4  **BREAKFAST**  Blueberry Belgian Waffle  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Meatball & Marinara Sub  Sweet Kernel Corn  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 5  **BREAKFAST**  Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey & Cheese Sandwich  Creamed Spinach  Baby Carrots w/ Ranch  100% Fruit Juice  (Elem & Secondary)  Raisins(Secondary only)  Assorted low Fat Milk | 6 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken & Yellow Rice  Seasoned Black beans  Grape Tomatoes w/ Ranch  Strawberry Apple Crisps  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 7 BREAKFAST Mini Loaf & Cheese Stick  Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini w/ Meat Sauce  Herbed Cauliflower  Crisp Garden Salad  Applesauce  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 8 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Cuban Sandwich  Steamed Broccoli  Baby Carrots w/ Ranch  Fresh Orange Smiles  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 11  **BREAKFAST**  Celebration Benefit Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Southern Style Chicken Bites  Cheez- it Crackers  Seasoned Peas & Carrots  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 12  **BREAKFAST**  Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  BBQ Chicken Sandwich  BBQ Baked Beans  Baby Carrots w/ Ranch  100% Fruit Juice  (Elem and Secondary)  Assorted Fruit  (Secondary only)  Assorted Low Fat Milk | 13  **BREAKFAST**  Eggo® Mini Cinnamon Waffles  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Chicken Alfredo  Steamed Broccoli  Grape Tomatoes w/ Ranch  Fruited Gelatin  (Elem and Secondary)  100% Fruit Juice  (Secondary Only)  Assorted Low Fat Milk | 14 BREAKFAST Yogurt Smoothie w/Strawberry Graham  Raisin Box  White Milk (Low Fat or Skim)  **LUNCH**  Teriyaki Chicken w/ Fried Rice  Crisp Garden Side Salad  Veggie Juice Box  Applesauce Cup  (Elem and Secondary)  Assorted Fruit  (Secondary only)  Assorted Low Fat Milk | 15 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey, Turkey Pepperoni, & Cheese Croissant  Sweet Kernel Corn  Baby Carrots w/ Ranch  Fresh Orange Smiles  (Elem and Secondary)  Raisins  (Secondary only)  Assorted Low Fat Milk |
| 18  **BREAKFAST**  Blueberry Belgian Waffle  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini & Meatballs  Cheesy Garlic & Herb Broccoli  Cucumber Slices w/ Ranch  Fresh Apple Slices  (Elem and Secondary)  Applesauce cup  (Secondary only)  Assorted Low Fat Milk | 19  **BREAKFAST**  Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Cuban Sandwich  Seasoned Black Beans  Baby Carrots w/ Ranch  100% Fruit Juice  (Elem and Secondary)  Raisin box  (Secondary only)  Assorted Low Fat Milk | 20 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  General Tso’s Chicken w/ Fried Rice  Sweet Kernel Corn  Grape Tomatoes w/ Ranch  Applesauce Cup  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 21 BREAKFAST Mini Loaf & Cheese Stick  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Turkey & Cheese Sliders (2)  Seasoned Peas & Carrots  Crisp Garden Side Salad  Buddy Fruit Cinnamon Applesauce  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 22 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Macaroni and Cheese  Herbed Cauliflower  Baby Carrots w/ Ranch  Fresh Orange Wedges  (1 Elem/2 Secondary)  Assorted Low Fat Milk |
| 25  **BREAKFAST**  Celebration Benefit Bar  Raisin Box  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Meatball & Marinara Sub  Sweet Kernel Corn  Cucumber Slices w/ Ranch  Fresh Apple Slices  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 26  **BREAKFAST**  Yogurt with Graham  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tasty Brands Turkey & Cheese Sandwich  Creamed Spinach  Baby Carrots w/ Ranch  100% Fruit Juice  (Elem & Secondary)  Raisin box  (Secondary only)  Assorted low Fat Milk | 27 BREAKFAST Mini Blueberry Pancakes  Buddy Fruit® Cinnamon Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Chicken & Yellow Rice  Seasoned Black beans  Grape Tomatoes w/ Ranch  Strawberry Apple Crisps  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 28 BREAKFAST Yogurt Smoothie w/Strawberry Graham  Applesauce  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Tuscan Rotini w/ Meat Sauce  Herbed Cauliflower  Crisp Garden Salad  Berry Blue Applesauce  (1 Elem/2 Secondary)  Assorted Low Fat Milk | 29 BREAKFAST Banana Chocolate Chunk Protein Bar  Strawberry Apple Crisps  100% Juice  White Milk (Low Fat or Skim)  **LUNCH**  Cuban Sandwich  Steamed Broccoli  Baby Carrots w/ Ranch  Orange Smiles  (1 Elem/2 Secondary)  **Halloween Celebration Cookie**  Assorted Low Fat Milk |
| **High School MUST serve an additional 1/2c serving of fruit daily.**  9/27/2021 | | | | |