**OCTOBER 2021 MENU**

**READY TO SERVE**

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|  | 1BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni & CheeseHerbed CauliflowerBaby Carrots w/ RanchFresh Orange Smiles(1 Elem/2 Secondary)Assorted Low Fat Milk |
| 4**BREAKFAST**Blueberry Belgian WaffleRaisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Meatball & Marinara Sub Sweet Kernel CornCucumber Slices w/ RanchFresh Apple Slices(1 Elem/2 Secondary)Assorted Low Fat Milk | 5**BREAKFAST** Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Tasty Brands Turkey & Cheese Sandwich Creamed SpinachBaby Carrots w/ Ranch100% Fruit Juice(Elem & Secondary)Raisins(Secondary only)Assorted low Fat Milk | 6BREAKFASTMini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Chicken & Yellow Rice Seasoned Black beansGrape Tomatoes w/ Ranch Strawberry Apple Crisps(1 Elem/2 Secondary) Assorted Low Fat Milk | 7BREAKFASTMini Loaf & Cheese Stick Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Rotini w/ Meat SauceHerbed CauliflowerCrisp Garden Salad Applesauce (1 Elem/2 Secondary)Assorted Low Fat Milk | 8BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Cuban SandwichSteamed BroccoliBaby Carrots w/ Ranch Fresh Orange Smiles(1 Elem/2 Secondary)Assorted Low Fat Milk |
| 11**BREAKFAST**Celebration Benefit BarRaisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Southern Style Chicken Bites Cheez- it Crackers Seasoned Peas & CarrotsCucumber Slices w/ Ranch Fresh Apple Slices(1 Elem/2 Secondary) Assorted Low Fat Milk | 12 **BREAKFAST**Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** BBQ Chicken SandwichBBQ Baked Beans Baby Carrots w/ Ranch100% Fruit Juice(Elem and Secondary)Assorted Fruit(Secondary only) Assorted Low Fat Milk  | 13**BREAKFAST**Eggo® Mini Cinnamon WafflesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Chicken AlfredoSteamed BroccoliGrape Tomatoes w/ Ranch Fruited Gelatin(Elem and Secondary)100% Fruit Juice (Secondary Only)Assorted Low Fat Milk | 14 BREAKFASTYogurt Smoothie w/Strawberry GrahamRaisin BoxWhite Milk (Low Fat or Skim)**LUNCH**Teriyaki Chicken w/ Fried RiceCrisp Garden Side Salad Veggie Juice BoxApplesauce Cup(Elem and Secondary)Assorted Fruit(Secondary only)Assorted Low Fat Milk | 15BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tasty Brands Turkey, Turkey Pepperoni, & Cheese Croissant Sweet Kernel CornBaby Carrots w/ RanchFresh Orange Smiles(Elem and Secondary)Raisins (Secondary only)Assorted Low Fat Milk |
| 18**BREAKFAST**Blueberry Belgian Waffle Raisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Rotini & MeatballsCheesy Garlic & Herb BroccoliCucumber Slices w/ RanchFresh Apple Slices(Elem and Secondary)Applesauce cup(Secondary only)Assorted Low Fat Milk | 19**BREAKFAST**Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Cuban SandwichSeasoned Black BeansBaby Carrots w/ Ranch100% Fruit Juice(Elem and Secondary)Raisin box (Secondary only)Assorted Low Fat Milk | 20 BREAKFASTMini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**General Tso’s Chicken w/ Fried RiceSweet Kernel CornGrape Tomatoes w/ Ranch Applesauce Cup(1 Elem/2 Secondary)Assorted Low Fat Milk | 21BREAKFASTMini Loaf & Cheese Stick Raisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Turkey & Cheese Sliders (2)Seasoned Peas & CarrotsCrisp Garden Side SaladBuddy Fruit Cinnamon Applesauce(1 Elem/2 Secondary)Assorted Low Fat Milk | 22BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Macaroni and CheeseHerbed CauliflowerBaby Carrots w/ RanchFresh Orange Wedges(1 Elem/2 Secondary)Assorted Low Fat Milk |
| 25**BREAKFAST**Celebration Benefit BarRaisin Box100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Meatball & Marinara Sub Sweet Kernel CornCucumber Slices w/ RanchFresh Apple Slices(1 Elem/2 Secondary)Assorted Low Fat Milk | 26**BREAKFAST**Yogurt with GrahamStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH** Tasty Brands Turkey & Cheese Sandwich Creamed SpinachBaby Carrots w/ Ranch100% Fruit Juice(Elem & Secondary)Raisin box(Secondary only)Assorted low Fat Milk | 27BREAKFASTMini Blueberry PancakesBuddy Fruit® Cinnamon Applesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Chicken & Yellow Rice Seasoned Black beansGrape Tomatoes w/ Ranch Strawberry Apple Crisps(1 Elem/2 Secondary) Assorted Low Fat Milk | 28BREAKFASTYogurt Smoothie w/Strawberry GrahamApplesauce100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Tuscan Rotini w/ Meat SauceHerbed CauliflowerCrisp Garden SaladBerry Blue Applesauce(1 Elem/2 Secondary)Assorted Low Fat Milk | 29BREAKFASTBanana Chocolate Chunk Protein BarStrawberry Apple Crisps100% JuiceWhite Milk (Low Fat or Skim)**LUNCH**Cuban SandwichSteamed BroccoliBaby Carrots w/ RanchOrange 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 |