

OCTOBER | 2022



School Breakfast

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 WG Breakfast Bar Orange Juice Milk	4 WG Breakfast Bread Apple Milk	5 WG Breakfast Round Banana Milk	6 WG Frudel Pear Milk	7 WG Cereal Granola Bar Orange juice Milk
10 WG Pop Tart Orange Juice Milk	11 WG Strawberry Bagel Apple Milk	12 WG Donuts Banana Milk	13 WG Mini Cinnamon Rolls Pear Milk	14 WG Breakfast Bar Orange Juice Milk
17 WG Cereal WG Oatmeal Bar Milk	18 WG Breakfast Bread Apple Milk	19 WG Breakfast Round Banana Milk	20 WG Super Donut Pear Milk	21 NO SCHOOL
24 WG cereal Granola Bar Milk	25 Cinnamon Roll Apple Milk	26 WG Bagel Cream cheese Pear Milk	27 WG Donut Pear Milk	28 WG Breakfast Bread Orange Juice Milk
31 WG Pop Tart Orange Juice Milk	1	2	3	4

News

****Please note that items may be substituted due to availability****

Meat/Alternate

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 9 oz. per week
Grades 9-12 - 2 oz. per day/ 10 oz. per week

Grain/Bread

Grades K-5 - 1oz per day/ 8 oz. per week
Grades 6-8 - 1oz per day/ 8 oz. per week
Grades 9-12 - 2oz per day/ 10 oz. per week

Fruit

Grade K-8 - ½ cup per day/ 2 ½ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Vegetable

Grades K-8 - ¾ cup per day/ 3 ¾ cups per week
Grades 9-12 - 1 cup per day/ 5 cups per week

Milk

1 cup 1% or Fat Free

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School Lunch



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FRIDAY

<p>3 Turkey ham and Cheese Calzone Fruitable Baby Carrots & Ranch Pear Milk</p>	<p>4 Buffalo Chicken Sandwich Wg Bun Steamed Carrots Celery Sticks Sidekick & Raisins Milk</p>	<p>5 Hamburger & Wg Bun Ketchup & Mustard Cheesy Potatoes Pickle Spear Banana Milk</p>	<p>6 Polish (turkey) Sausage Cornbread String Cheese Baked Beans Applesauce & Craisins Milk</p>	<p>7 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p>10 Cheesy Pull apart Marinara Cup Steamed Peas Pears Milk</p>	<p>11 Chicken Sandwich on a bun Ketchup Hummus Cup Celery Sticks with Ranch Clementines & Craisins Milk</p>	<p>12 PB & J Uncrustable Seasoned Potato cubes Ketchup Cooked Carrots Banana Milk</p>	<p>13 Beef Tacos WG Tortilla Steamed Corn Lettuce, Cheese & Salsa Apple Sauce & Raisins Milk</p>	<p>14 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p>17 Honey BBQ Beef Rib on a Bun Hummus Baby Carrots with Ranch Pears Milk</p>	<p>18 Cheese Omelet Seasoned Potato Cubes Fruitable Applesauce & Clementine Milk</p>	<p>19 WG Pepperoni Calzone Steamed Carrots Cauliflower with Ranch Banana Milk</p>	<p>20 Walking Beef Taco WG Doritos Lettuce, Cheese & Salsa Sour Cream Sidekick & Craisins Milk</p>	<p>21 NO SCHOOL</p>
<p>24 Meatloaf Sandwich Wg Bun Fresh Broccoli with Ranch Goldfish Pears Milk</p>	<p>25 Turkey Ham and Cheese Croissant Mayo Hummus with Baby Carrots Sidekick & Raisins Milk</p>	<p>26 Grilled Chicken on a bun BBQ Sauce Steamed Corn Fruitable Clementines & Craisins Milk</p>	<p>27 Turkey sausage egg and Cheese Wrap String Cheese Mixed Vegetables Celery & Ranch Banana Milk</p>	<p>28 Pizza Romaine Salad Grape Tomatoes FF Dressing Cup Apple Cookie Milk</p>
<p>31 Salisbury Steak WG Roll with Butter Steamed Peas Carrot Coins with Ranch Honey Graham Crackers Pears Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>

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