

OCTOBER

2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW...

**THE LARGEST PUMPKIN EVER
MEASURED WAS 836 LBS. IN 1993.**



5
Breakfast:
Buttermilk Bar, Juice and 1% White Milk
Lunch:
Pizza
PBJamwich w/ string cheese
Yogurt w/pretsel & string cheese

Broccoli, Applesauce and Fat Free Chocolate Milk

6
Breakfast:
Cereal, Mixed Fruit and 1% White Milk
Lunch:
Chicken Burger
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Carrots, Orange Wedges and Fat Free Chocolate Milk

7
Breakfast:
Chocolate Chip Muffin, Juice and 1% White Milk
Lunch:
WG Stuffed Cheese Sticks
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Green Beans, Strawberries and Fat Free Chocolate Milk

8
Breakfast:
Cereal, Diced Pears and 1% White Milk
Lunch:
Teriyaki Chicken & Rice
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Carrots, Apple and Fat Free Chocolate Milk

9
Breakfast:
WG Donut Holes, Juice and 1% White Milk
Lunch:
Hamburger
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Corn, Mixed Fruit and Fat Free Chocolate Milk

12
Breakfast:
Cereal, Juice and 1% White Milk
Lunch:
Pizza
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Green Beans, Diced Peaches and Fat Free Chocolate Milk

13
Breakfast:
Blueberry Muffin, Mixed Fruit and 1% White Milk
Lunch:
Nachos
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Carrots, Apple and Fat Free Chocolate Milk

14
Breakfast:
Cereal / juice and 1% White Milk
Lunch:
Deli Sandwich
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Corn, Mixed Berries and Fat Free Chocolate Milk

15
Breakfast :
Bagel & Cream Cheese, Raisins, 1% White Milk
Lunch:
Orange Chicken & Rice
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Carrots, Orange Wedges and Fat Free Chocolate Milk

16
Breakfast :
Breakfast Burrito or Breakfast Sand., Juice & 1% White Milk
Lunch:
Hot Dog w/Chips
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Broccoli, Mixed Fruit & Fat Free Chocolate Milk

19
Breakfast:
Buttermilk Bar, Juice and 1% White Milk
Lunch:
Pizza -or- PBJamwich -or- Yogurt with Broccoli, Applesauce and Fat Free Chocolate Milk

20
Breakfast:
Cereal, Mixed Fruit and 1% White Milk
Lunch:
Chicken Burger
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Carrots, Orange Wedges and Fat Free Chocolate Milk

21
Breakfast:
Chocolate Chip Muffin, Juice and 1% White Milk
Lunch:
WG Stuffed Cheese Sticks
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Green Beans, Strawberries and Fat Free Chocolate Milk

22
Breakfast:
Cereal, Diced Pears and 1% White Milk
Lunch:
Teriyaki Chicken & Rice
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Carrots, Apple and Fat Free Chocolate Milk

23
Breakfast:
WG Donut Holes, Juice and 1% White Milk
Lunch:
Hamburger
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Corn, Mixed Fruit and Fat Free Chocolate Milk

26
Breakfast:
Cereal, Juice and 1% White Milk
Lunch:
Pizza
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Green Beans, Diced Peaches and Fat Free Chocolate Milk

27
Breakfast:
Blueberry Muffin, Mixed Fruit and 1% White Milk
Lunch:
Nachos
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Carrots, Apple and Fat Free Chocolate Milk

28
Breakfast:
Cereal / juice and 1% White Milk
Lunch:
Deli Sandwich
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Corn, Mixed Berries and Fat Free Chocolate Milk

29
Breakfast :
Bagel & Cream Cheese, Raisins, 1% White Milk
Lunch:
Orange Chicken & Rice
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Carrots, Orange Wedges and Fat Free Chocolate Milk

30
Breakfast :
Breakfast Burrito or Breakfast Sand., Juice & 1% White Milk
Lunch:
Hot Dog w/Chips
PBJamwich w/ string cheese
Yogurt w/ pretzel & string cheese

Broccoli, Mixed Fruit & Fat Free Chocolate Milk

Food Components:

- Fruit
- Vegetables
- Grain
- Dairy
- Protein (meat / meat alternative)



GRAB N' GO MEALS

Each meal sack contains both a complete breakfast and a complete lunch

Breakfast = 1 cup milk, 1/2 cup fruit, 2 oz. grains

Lunch = 1 cup milk, 1/2 cup fruit, 1/2 cup veggies, 2 oz. grains, 2 oz. meat / meat alternative

Prices

The USDA has provided waivers to the National School Lunch and Breakfast Programs during this COVID-19 pandemic: **ALL meals are FREE for ALL students between 0-18 years of age.**

***This will change once schools go back to In-Person Learning.

Prices for when we go back to In-Person Learning:

Full Paid Breakfast

- K-5 \$2.00
- 6-12 \$2.25

Full Paid Lunch

- K-5 \$3.25
- 6-12 \$3.50

Reduced Price Breakfast

- K-12 Free

Reduced Price Lunch

- K-5 Free
- 6-12 \$0.40

Please do not forget to apply for Free or Reduced-Price Meals just in case!

Due to unexpected product availability or delivery problems - We may be forced to make menu changes without any prior notification.

We are **NOT** a Gluten Free or Allergy Free Facility

"This institution is an equal opportunity provider."