October 202	2 3 Tuesday			Scholdt.EdSier
Monday	Tuesday	VI	/ednesday	Thursday
2 Breakfast	3 Breakfast	4 Breakfast	5 Breakfast	6 Breakfast
Oatmeal/Pancake Wrap/	Egg & Cheese Muffin/Waffle	Fresh Berry Parfait/Cereal Ba	French Toa Ω éreal	Cinnamon Roll/Cereal Bar
Cereal/Breakfast Bar	Breakfast Bar/ Cereal	Breakfast Pizza/Cereal	Cereal Bar / Mini Waffles	Cereal / Breakfast Bar
Milk/Fruit/Juice	Milk/Fruit/Juice	Milk/Fruit/Juice	Milk/ Fruit/Juice	Milk, Fruit & Juice
Lunch Rib-b-Q Sandwich Harvest Cheddar Chips Apple/Carrot Sticks Tossed Salad	Lunch Chicken Fajita Spanish Rice/ Refried Beans Shred. Lettuce/Diced Tomato Diced Peaches	Lunch Pepperoni or Cheese Pizza Green Beans/Salad Raisins /Strawberry Cup	Lunch Baked ChickenM Potatoes WG Roll/ Diced Pears/Peas Garden Salad/Ranch Dressing	Lunch Chicken Burger/Baked Fries Lettuce/Tomato/Pickles Mixed Berry Cup/Apple Sauce
9 Breakfast	10 Breakfast	11 Breakfast	12 Breakfast	13 Breakfast
Oatmeal,Pancake Wrap	Egg & Cheese Muffin/Waffle:	Fresh Berry Parfait/Cereal Ba	French Toast/Cereal/	Cinnamon Roll/Cereal Bar
Cereal,Breakfast Bar	Breakfast Bar/Cereal	Breakfast Pizza/Cereal	Cereal Bar / Mini Waffles	Cereal / Breakfast Bar
Milk/Fruit/Juice	Milk, Fruit & Juice	Milk, Fruit & Juice	Milk, Fruit & Juice	Milk, Fruit & Juice
Lunch Fish Sticks/Tater Tots Garden Salad/Ranch Dressing Apple Sauce/Coleslaw	Lunch Orange Chicken Brown Rice/Broccoli Dried Cranberries/Salad	Lunch Pepperoni or Cheese Pizza Garden Salad/Ranch Apricot Cup/Banana	Lunch Hot Ham & Cheese Sandwich Chicken Noodle Soup Mixed Fruit/Pear	Lunch Cheese Burger Baked French Fries Lettuce/Tom./Pickles Raisins/Plum
16 Breakfast	17 Breakfast	18 Breakfast	19 Breakfast	20 Breakfast
Oatmeal/Pancake Wrap	Egg & Cheese Muffin/Waffl	Fresh Berry Parfait/Cereal Ba	French Toast/Cereal	Cinnamon Roll/Cereal Bar
Breakfast Bar/Cereal Bar	Breakfast Bar/Cereal	Breakfast Pizza/Cereal	CerealBar / Breakfast Burrit	Cereal / Breakfast Bar
Milk/Fruit/Juice	Milk/Fruit/Juice	Milk,Fruit & Juice	Milk,Fruit & Juice	Milk,Fruit & Juice
Lunch Teriyaki Chicken Burger Bake RanchDoritos Apple /Carrot Sticks	Lunch Chicken Fajita/Refried Beans Spanish Rice Banana/Dried Cranberries Broccoli/Salad	Lunch Pepperoni or Cheese Pizza Green Beans/Salad Strawberry Cup/Banana	Lunch Spaghetti/Garlic Bread Garden Salad/Ranch Dressing Diced Pears/Peas	Lunch Chicken Burger Baked French Fries Lettuce/Tomato/Pickle Mixed Fruit/Raisins
23 Breakfast	24 Breakfast	25 Breakfast		27 Breakfast
Oatmeal/Cereal/Breakfast	Egg & Cheese Muffin/Waffle:	Fresh Berry Parfait/Cereal Ba		Cinnamon Roll/Cereal Bar
Bar.Pancake Wrap	Breakfast Bar/Cereal	Egg & Cheese Tornado/Cereal		Cereal / Breakfast Bar
Milk, Fruit & Juice	Milk, Fruit & Juice	Milk, Fruit & Juice		Milk, Fruit & Juice
Lunch	Lunch	Lunch	Lunch	Lunch
Corn Dog	Chicken Alfredo	Pepperoni or Cheese Pizza	Pulled Pork Sandwich	Cheese Burger/Baked Fries
Garden Salsa Chips	Whole Grain Roll	Garden Salad/Ranch Dressing	Coleslaw/BBQ Beans	Lettuce /Tomato/Pickle
Apple / Carrot Sticks	Garden Saladorria (Dessing	Peach Cup/Banana	Garden Salad/Apricot Cup	Cranberries/Mixed Berry Cup

Spinach Salad/Ranch Blueberries/Peas 30 31 Breakfast Breakfast Oatmeal/ Cereal/Breakfas Bagel/Cream Cheese/Cereal Bar/Pancake Wrap Chocolate Chip Muffin/Waffle: Milk,Fruit & Juice Milk,Fruit & Juice Lunch Lunch Fish Sticks / Tater Tots Grilled Cheese Sandwich Garden Salad/ Ranch Dressing Minestrone Soup Apple Sauce/Carrot Sticks Garden Salad/ Ranch Dressing Mixed Berry CupRaisels



Menu Subject To Change Due t

All Meals come with choice of:

Fat Free Chocolate Milk, or 1%

USDA is an equal Opportunity

Availability of Food Items

Low fat Milk.

Employer.

Pear

Tuesday & Thursday

Spicy Chicken Salad

Turkey & Spinach Wrap

Popcorn Chicken Salad

~Boxed Salads~