


OCTOBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Breakfast: Cereal, fruit Lunch: Ramen, roll, salad, fruit	2
				3 All meals are served with 1% white or non-fat chocolate milk	4 Breakfast: French toast, fruit Lunch: Mac & cheese, steamed broccoli, fruit	5 Breakfast: UBR & yogurt, fruit Lunch: Chili, steamed carrots, maple bar, fruit
10	11 Breakfast: Muffin, yogurt, fruit Lunch: Chicken curry casserole, roll, seasoned green beans, fruit	12 Breakfast: Sausage & cheese breakfast sandwich, fruit Lunch: Sub sandwich, carrots, dip, fries, fruit	13 Breakfast: Waffles, syrup, fruit Lunch: Chicken fajitas, refried beans, fruit	14 Breakfast: Breakfast burritos, fruit Lunch: French toast sticks, hash browns, sausage, mandarin orange jell-o salad, fruit	15 Breakfast: Cereal, fruit Lunch: Pepperoni or cheese pizza, carrots, ranch, fruit	16
17	18 Breakfast: Fruit, yogurt & granola, fruit Lunch: Chicken cheddar wrap, chips, carrots, fruit	19 Breakfast: Egg & cheese breakfast sandwich, fruit Lunch: Walking tacos, black beans, salsa, corn, fruit	20 Breakfast: Pancakes & sausage, fruit Lunch: Baked potato bar, roll, ham, steamed veggies, fruit	21 Breakfast: Breakfast pizza, fruit Lunch: Teriyaki chicken bowl, steamed broccoli, brown rice, fortune cookie	22 Breakfast: Cereal, fruit Lunch: Popcorn chicken bowl kit, roll, corn, fruit	23
24	25 Breakfast: Muffin, yogurt, fruit Lunch: Cheese zombies, tomato basil soup, fruit	26 Breakfast: Sausage & cheese breakfast sandwich, fruit Lunch: Un crustable, cucumbers, ranch, fruit	27 Breakfast: Banana or cocoa bread, fruit Lunch: Chicken penne, cheese breadstick, marinara, caesar salad, fruit	28 Breakfast: Breakfast burrito, fruit Lunch: Hamburgers, lettuce/tomato, fries, fruit	29 Breakfast: Cereal, fruit Lunch: Artisan alfredo pizza, cucumbers, ranch, fruit	