



	Monday 28	Tuesday 29	Wednesday 30	Thursday October 1	Friday 2 - NO SCHOOL, SJW & HG ONLY
Brkfst	WG Croissant Orange Slices & Milk	Jelly on WG Bread Mandarin Oranges & Milk	Homemade Banana Bread Sliced Peaches & Milk	Hard Boiled Egg & Club Crackers Diced Pears & Milk	Homemade Yogurt Dip Apple Slices & Milk
Lunch	Chicken Patty Sandwich on WG Bun SIDES: Potato Smiles Mixed Fruit Ketchup Milk 	Breakfast Sandwich on WG Bun SIDES: Steamed Peas Fresh Pear Wedges Milk	Salisbury Steak & WG Dinner Roll SIDES: Mashed Potatoes with Gravy Banana Milk	WG Cheese Pizza SIDES: Baby Carrots (3+ yrs)/Carrot Coins (0-2 yr) Pineapple Tidbits Ranch Milk	Buttered WG Noodles & Grilled Chicken SIDES: Steamed Broccoli Diced Peaches Milk
PM	Turkey & Ritz Crackers	Animal Crackers & Cinnamon Applesauce	WG Graham Crackers & Yogurt	Pretzels & Cottage Cheese	WG Tortilla Cheese Roll-up
	5	6 - National Taco Day	7	8	9
Brkfst	Turkey on WG Bread Pineapple Tidbits & Milk	Strawberry Banana Smoothie & WG Graham Cracker Diced Pears & Milk	WG Biscuit w/ Jelly Sliced Peaches & Milk	Homemade Pumpkin Bread Mixed Fruit & Milk	WG Cinnamon Chex Orange Slices & Milk
Lunch	Hamburger on WG Bun SIDES: Tossed Salad (3+ yrs)/Peas (0-2 yrs) Cinnamon Apple Slices Ketchup & Ranch Milk	Soft Shell Chicken Taco on WG 8" Tortilla SIDES: Black Beans Shredded Lettuce Apricots  Milk	WG Chicken Nuggets SIDES: Corn Fresh Apple Wedges Ketchup Milk	WG Spaghetti with Meaty Marinara SIDES: Fresh Cauliflower (3+ yrs)/Carrot Coins (0-2 yrs) Banana Ranch Milk	WG Bosco Sticks with Marinara SIDES: Steamed Broccoli Applesauce Milk
PM	Seasoned Oyster Crackers & Diced Pears	Cheese Cubes & WG Flatbread	WG Goldfish & Cottage Cheese	Hard Boiled Egg & Pretzels	Yogurt & Saltines
NATIONAL SCHOOL LUNCH WEEK					
	12	13	14 - Great Apple Crunch	15	16
Brkfst	Jelly on WG Bread Applesauce & Milk	WG English Muffin & Caprese Salad Diced Pears & Milk	Yogurt Parfait w/ Nut Free Granola Cinnamon Apples & Milk	Cornbread Diced Peaches & Milk	Cinnamon WG Tortilla Mixed Fruit & Milk
Lunch	Sloppy Joe on WG Bun SIDES: Baked Beans Diced Peaches Milk	Roast Beef & Gravy w/ WG Dinner Roll SIDES: Mashed Potatoes Applesauce  Milk	Swedish Meatballs Brown Rice SIDES: Stir Fry Vegetables Local Apples  Milk	BBQ Chicken Breast & WG Dinner Roll SIDES: Carrot Coins Blueberries Milk	Toasted Cheese WG Sandwich SIDES: Steamed Green Beans Mandarin Oranges Milk
PM	Pretzels & Cheese Stick	Hard Boiled Egg & WG Breadstick	Snickerdoodle Hummus & WG Graham Crackers	Animal Crackers & Cheese Cubes	Rainbow Vegetables, Ranch, & Ritz Crackers
	19	20	21	22	23
Brkfst	WG Bagel w/ Cream Cheese Diced Pears & Milk	WG Cheerios Banana & Milk	Blueberry Muffin Bars Sliced Peaches & Milk	Cinnamon WG Bread Mixed Fruit & Milk	WG Croissant with Jelly Cinnamon Applesauce & Milk
Lunch	WG Chicken Strips SIDES: Au Gratin Potatoes Applesauce Ketchup Milk 	Beef WG Nacho Supreme with Cheese SIDES: Refried Beans Shredded Lettuce Diced Peaches Milk	Pork Tenderloin on WG Bun SIDES: Island Vegetables Fresh Orange Wedges Ketchup Milk	Chicken and Gravy & WG Dinner Roll SIDES: Mashed Potatoes Pineapple Tidbits Milk 	WG Cheese Lasagna SIDES: Fresh Broccoli (3+ yrs)/Carrot Coins (0-2 yrs) Diced Pears Ranch Milk
PM	Cheese Stick & WG Goldfish	Ham/Cream Cheese WG Tortilla Pinwheels	Cheesy Oyster Crackers & Hard Boiled Egg	Saltines & Sliced Cheese	Sidekick & WG Graham Crackers
	26	27	28	29 - NO SCHOOL, SJW & HG ONLY	30 - NO SCHOOL, SJW & HG ONLY
Brkfst	WG Kix Cereal Mixed Fruit & Milk	Turkey/Cream Cheese Tortilla Pinwheels Sliced Peaches & Milk	Sunbutter Yogurt Dip & Graham Cracker Apple Wedges & Milk	WG Biscuit w/ Jelly Diced Pears & Milk	Cottage Cheese Dip & Ritz Crackers Applesauce & Milk
Lunch	WG French Toast Sticks & Sausage Patty SIDES: Triangle Potato Fresh Apple Wedges Ketchup Milk	Sliced Ham with WG Dinner Roll SIDES: Baked Potato Mixed Fruit  Milk	Werewolf BBQ Pulled Pork Sandwich on WG Bun SIDES: Boo! Baked Beans Krazy Kiwi Milk	Chicken Alfredo & WG Pasta SIDES: Steamed Green Beans Banana  Milk	Deli Sandwich on WG Bun SIDES: Tossed Salad (3+ yrs)/Peas (0-2 yrs) Diced Pears Ranch Milk
PM	Seasoned Oyster Crackers & Cheese Stick	WG Goldfish & Banana	Ritz Crackers & Cottage Cheese	Apricots & WG Animal Crackers	Sliced Cheese & Saltines

*Water is served with all snacks when Milk is not served

Milk = Whole for 2 and under, Skim for 2+ year olds

*Menu subject to change without notice

*WG = Whole Grain Rich Items

*This institution is an equal opportunity provider.