



WG means  
Whole Grain

# October 2021

ALL MEALS SERVED WITH  
EITHER  
1% WHITE or FAT FREE SKIM  
CHOCOLATE MILK

Mon	Tue	Wed	Thu	Fri
18 Cheese Stuffed Breadsticks WG Toast, Applesauce Fruit Juice OR: Rice Krispies Cereal	19 Portuguese Sausage Steamed Rice, Pineapple Cranberries OR: Cinnamon Toast Crunch Buttered Toast	20 Peach Muffin Turkey Ham Slice Fruit Cocktail, Fruit Juice OR: Honey Nut Chex Cereal Granola Bar	21 Oatmeal Cereal Cinnamon Toast, Applesauce Cranberries OR: Cheerios Cereal Cinnamon Toast	22 WG Plain Bagel W/Cream Cheesed, Orange Wedge, Fruit Juice OR: Rice Krispies Cereal Granola Bar
25 Mini Pancakes Applesauce Fruit Juice OR: Cinnamon Toast Crunch Buttered Toast	26 Portuguese Sausage Steamed Rice, Pineapple Cranberries OR: Honey Nut Chex Buttered Toast	27 Country Gravy Pizza Orange Wedges Craisins OR: Cheerios Buttered Toast	28 Cinnamon Roll Turkey Square, Orange Wedge, Fruit Juice OR: Rice Krispies Cereal Cinnamon Toast	29 Pizza Bagel Sliced Peaches Fruit Juice OR: Cinnamon Toast Crunch Buttered Toast

**LUNCH MENU** SUBJECT TO CHANGE WITHOUT NOTICE ADULT LUNCHES MUST BE ORDERED DAILY BEFORE 9:00

Mon	Tue	Wed	Thu	Fri
18 Chicken Tenders Rice, Steamed Broccoli & Corn, Sliced Peaches Pineapple, Rolls	19 Tuna Sandwich Potato Rounds, Veggie Sticks, Applesauce Apple	20 Beans & Franks Rice, Rainbow Salad Tomato Slice Orange Wedge	21 Sloppy Joe Potato Smiles, Veggie Sticks Fruit Slushy	22 Cheese Pizza Spinach Romaine Salad Edamame Apple Wedge
25 Breaded Chicken Patty w/Gravy, Whipped Potatoes Steamed Corn & Carrots Fruit Cocktail	26 Crispy Nachos w/Beef & Beans Sliced Zucchini Orange Wedge	27 Fish Wedge Sandwich Rainbow Salad Edamame Sliced Peaches	28 Kalua Pork & Spinach Rice Lomi Tomato Pineapple Chunk	29 Turkey Ham Sandwich Potato Rounds Steamed Carrots & Edamame Apple Wedge

This institution is an equal opportunity provider