2021

October

Hot

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	NOTES
				1 Pop Tarts, Fruit Juice, Milk Grab-n-Go PB&J or Deli	**Menus are very subject to change as availability of food changes.** Breakfast and Lunch: Free to every student this 2021-2022 school year Breakfast- 1st meal: Free 2nd meal: $1.50 Lunch - 1st meal: Free 2nd meal: $3.50 Adult: $3.50 A la Carte Items: -Juice $.35 - Milk $.25 - Water $.25 Milk Options: 1% or Chocolate **After School Snacks:** FREE - (Only for Students participating in an after school class that day) Adults - $1.00 **This Institution is an Equal Opportunity Provider**
4 Muffin Fruit, Juice, Milk Teriyaki Chicken Rice, Broccoli Pineapple, Milk	5 Waffle Fruit, Juice, Milk BBQ Pulled Pork Sandwich, Fries Melons, Milk	6 Bagel Fruit, Juice, Milk Mini Calzones Green Beans Apple, Milk	7 Apple Cinn. Toast Fruit, Juice, Milk Grilled Cheese & Tomato Soup, Corn Tropical Fruit, Milk	8 Pop Tarts, Fruit Juice, Milk Grab-n-Go PB&J or Deli	
11 Muffin Fruit, Juice, Milk Pizza Rippers Mixed Veggies Pears, Milk	12 Cinnamon Roll Fruit, Juice, Milk Chicken Parmesan Carrots, Roll Applesauce, Milk	13 Banana Bread Fruit, Juice, Milk Fish Sticks, Tater Tots, Corn Star Frozen Fruit Pouch	14 	15	
18 **No School**	19 Muffin Fruit, Juice, Milk Sausage Pancake Wraps, Hash Browns Apple Slices, Milk	20 Pumpkin Bread Fruit, Juice, Milk Lasagna Veggie Medley, Roll Pears, Milk	21 Vanilla Bites Fruit, Juice, Milk Pork Nachos Refried Beans Smoothie Cup, Milk	22 Pop Tarts, Fruit Juice, Milk Grab-n-Go PB&J or Deli	
25 Muffin Fruit, Juice, Milk Pepperoni Pizza Mixed Veggies Peaches, Milk	26 Parfait Fruit, Juice, Milk Hamburger Baked Beans Grapes, Milk	27 Maple Bites Fruit, Juice, Milk Ham and Eggs Hash Browns, Muffin Nectarine, Milk	28 Breakfast Cookie Fruit, Juice, Milk Chicken Fajitas Black Beans Pineapple, Milk	29 Pop Tarts, Fruit Juice, Milk Grab-n-Go PB&J or Deli	

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