

BREAKFAST

OCTOBER 2021

Child Nutrition Pre K – 8th

HOT BIC

Monday

Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
Choice of Milk

Tuesday

Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
Choice of Milk

Wednesday

Pillsbury Bagel-Ful
1/2 cup 100% Fruit Juice
Choice of Milk

Thursday

French Toast Sticks
w/Maple Syrup
1/2 cup 100% Fruit Juice
Choice of Milk

Friday

Assorted Low Sugar
Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
Choice of Milk



Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
Choice of Milk

Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
Choice of Milk

Egg & Melted
Cheese Sandwich
1/2 cup 100% Fruit Juice
Choice of Milk

Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
Choice of Milk

Assorted Low Sugar
Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
Choice of Milk

Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
Choice of Milk

Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
Choice of Milk

Egg & Melted
Cheese Sandwich
1/2 cup 100% Fruit Juice
Choice of Milk

French Toast Sticks
w/Maple Syrup
1/2 cup 100% Fruit Juice
Choice of Milk

Assorted Low Sugar
Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
Choice of Milk

Pillsbury Bagel-Ful
1/2 cup 100% Fruit Juice
Choice of Milk

Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
Choice of Milk

Egg & Melted
Cheese Sandwich
1/2 cup 100% Fruit Juice
Choice of Milk

Assorted Low Sugar
Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
Choice of Milk

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: prodoxmhlmkt@usda.gov

This institution is an equal opportunity provider.

Assorted Fruit

- Fresh Fruit 1 Piece
ex (apple, banana, orange)
- Frozen Fruit Cup ½ cup
- Prepared Fruit Cup ½ cup
Ex. (pear, peach, applesauce)

LUNCH

OCTOBER 2021 Child Nutrition Pre K - 8th

Hot Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

4
Roasted Chicken Pieces
W/6 Breadstick
Brown Rice ½ cup
Kidney Beans, 3/4 cup,
Assorted Fruit, ½ cup
Choice of Milk

5
Turkey Tacos on
a Soft Tortilla Shell
Shredded Lettuce
Green Pepper Strips, ½ cup
Sweet Potato Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

6
Chicken Party on a Bun
Honey Mustard & BBQ Sauce
Potato Wedges - 3/4 cup
Fresh Seasonal Fruit, ½ cup
Choice of Milk

7
Baked Macaroni
& Cheese
Carrot Coins, ½ cup
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

8
Sicilian Pizza
Steamed Zucchini, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk



11
Chicken Pajita
Black Bean Salad, ½ cup
Sweet Plantain ½ cup
Assorted Fruit, ½ cup
Choice of Milk

13
Beef Sloppy Joe on Bun
Sweet Potato Fries, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

14
Chicken Nuggets with
Potato Wedges, ½ cup
Savory Green Beans, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

15
Crispy Mozzarella Sticks
Rottini Pasta
Marinara Sauce
Steamed Broccoli, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

18
Quesadilla with Cheese
Steamed Carrots, ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

19
Beef Tacos on
a Soft Tortilla Shell
Shredded Lettuce
Green Pepper Strips, ½ cup
Sweet Potato Fries, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

20
Chicken Alfredo
Penne Pasta
Steamed Broccoli, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

21
Egg & Cheese on a
W/6 Bagel/English Muffin
Hash Browns ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

22
Cheese Pizza
Steamed Zucchini, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

25
Grilled Cheese Sandwich
Steamed Carrots, ½ cup
Seasoned French Fries, ½ cup
Canned Fruit, ½ cup
Choice of Milk

26
Egg & Cheese on a
W/6 Bagel/English Muffin
Hash Browns ½ cup
Green Pepper Strips, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

27
BBQ Chicken Smackers
with Brown Rice
Steamed Broccoli, 3/4 cup
Assorted Fruit, ½ cup
Choice of Milk

28
Penne Pasta with
Beef Meatballs
Marinara Sauce
Steamed Green Beans, ½ cup
Assorted Fruit, ½ cup
Choice of Milk

29
Cheese Pizza
Steamed Broccoli, ½ cup
Chickpea Salad, ½ cup
Diced Beans, ½ cup
Choice of Milk

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- (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7412; or
- (3) email: program.intake@usda.gov.

Available Daily
Peanut Butter or
Sun Butter & Jelly Sandwiches
American Cheese Sandwiches
(Mayo/Mustard)
Assorted Fruit
Fresh Fruit-1 Piece
ex (apple, banana, orange)
Frozen Fruit Cup ½ cup

