





OCTOBER


Breakfast & Lunch Menu Calendar

USDA is an Equal Opportunity Provider & Employer

Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
*Oatmeal Bar Sausage Links Peaches FF Milk, 1% Milk Chicken Teriyaki Rice, Roasted Broccoli Tropical Fruit FF Milk, 1% Milk	French Toast Sticks Sausage Links, Blueberries Pears FF Milk, 1% Milk  Beef Tacos Beans, Salsa Mandarin Oranges FF Milk, 1% Milk	 Biscuits, Gravy Scrambled Eggs Juice, Peaches FF Milk, 1% Milk  Salt & Pepper Salmon Bouillon Rice Corn FF Milk, 1% Milk	 Blueberry Pancakes Potato Wedges Mandarin Oranges FF Milk, 1% Milk Chicken Alfredo Breadsticks, Baby Carrots Tropical Fruit FF Milk, 1% Milk	Breakfast Burrito Pears Juice Chocolate Milk, 1% Milk  Pizza Coleslaw Mandarin Oranges Chocolate Milk, 1% Milk
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
 Biscuits Scrambled Eggs Mandarin Oranges & Pears FF Milk, 1% Milk  Rice & Gravy Roasted Broccoli Pears FF Milk, 1% Milk	French Toast Sticks Sausage Links, Blueberries Fruit Juice FF Milk, 1% Milk  Beef Tacos Beans Mandarin Oranges FF Milk, 1% Milk	 *Oatmeal Bar Shredded Coconut Fruit Juice FF Milk, 1% Milk Chicken Alfredo Bread Sticks Peaches, Corn FF Milk, 1% Milk	 Pancakes Eggs Tropical Fruit & Peaches FF Milk, 1% Milk Moose/Beef Stew Breadsticks, Yogurt Mixed Berries FF Milk, 1% Milk	 Banana Bread Smoothies Pears Chocolate Milk, 1% Milk Chicken Nuggets Baby Carrots, Pears Chocolate Chip Cookies Chocolate Milk, 1% Milk
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
 Yogurt  Cereal Blueberries FF Milk, 1% Milk Chili Bread Sticks Tropical Fruit FF Milk, 1% Milk	 Blueberry Muffins Yogurt Mixed Berries Chocolate Milk, 1% Milk  Quesadillas Potato Wedges Mandarin Oranges FF Milk, 1% Milk	Breakfast Burrito Sour Cream, Salsa Juice, Peaches FF Milk, 1% Milk Enchiladas Green Beans Pears FF Milk, 1% Milk	*Oatmeal Bar Sausage Links Berries FF Milk, 1% Milk Spaghetti, Breadsticks Broccoli Peaches FF Milk, 1% Milk	 Cooks Choice Pancakes Potato Wedges Mandarin Oranges FF Milk, 1% Milk  Pizza Baby Carrots Tropical Fruit Chocolate Milk, 1% Milk
Alaska Day Observed	20-Oct	21-Oct	22-Oct	23-Oct
Blueberry Bread Yogurt Fruit Juice FF Milk, 1% Milk Salmon Patties Rice, Salad Pears FF Milk, 1% Milk	 Biscuits Scrambled Eggs Tropical Fruit FF Milk, 1% Milk  Quesadillas Potato Wedges Peaches FF Milk, 1% Milk	 Chocolate Chip Pancakes Potato Wedges Mandarin Oranges FF Milk, 1% Milk Moose/Beef Stew Breadsticks, Yogurt Berries FF Milk, 1% Milk	*Oatmeal Bar Sausage Links Juice, Peaches FF Milk, 1% Milk  Rice & Gravy Roasted Broccoli Pears FF Milk, 1% Milk	 Banana Bread Smoothies Fruit Cup Chocolate Milk, 1% Milk Spaghetti, Bread Sticks Baby Carrots Mandarin Oranges Chocolate Milk, 1% Milk
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct
*Oatmeal Bar Sausage Links Peaches FF Milk, 1% Milk Chicken Alfredo Breadsticks, Baby Carrots Tropical Fruit FF Milk, 1% Milk	French Toast Sticks Sausage Links, Blueberries Pears FF Milk, 1% Milk  Beef Tacos Beans, Salsa Mandarin Oranges FF Milk, 1% Milk	 Biscuits, Gravy Scrambled Eggs Juice, Peaches FF Milk, 1% Milk  Salt & Pepper Salmon Bouillon Rice Corn, Pears FF Milk, 1% Milk	 Blueberry Pancakes Potato Wedges Mandarin Oranges FF Milk, 1% Milk Chili Bread Sticks, Broccoli Tropical Fruit FF Milk, 1% Milk	Breakfast Burrito Pears Juice Chocolate Milk, 1% Milk  Pizza Coleslaw Mandarin Oranges Chocolate Milk, 1% Milk

* Oats are naturally gluten free. This oat product may have been processed in a facility with gluten, therefore is not certified gluten free.

 Vegetarian

 Gluten Friendly