

Grab and Go  
Meals



# October 2020



**Breakfast: \$1.10**





















\*Menu subject to change

\*All meals include a choice of

Half-Pint 1% or Chocolate Skim Milk

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cereal, Toast Juice and Apple	2 Portuguese Sausage, Rice Applesauce Strawberries
5 	6 <b>FALL</b>	7 <b>BREAK</b>	8 	9
12 Cereal Snack with Fruit Loop Pineapple Chunks 	13 Pineapple Sun Rise Power Punch and Fruit Cocktail 	14 Cereal Snack w/Apple Jacks Craisins	15 Fruited Muffin Power Punch Sliced Peaches 	16 Cereal Bar with Marshmallow Square Pineapple Chunks 
19 Cereal Snack with Fruit Loop Pineapple Chunks 	20 Cinnamon Raisin Bagel with Cream Chsse Power Punch Craisins 	21 Cereal Snack w/Apple Jacks Craisins	22 Coffee Cake Power Punch Pineapple Chunks 	23 Cereal Bar with Marshmallow Square Pinneapple Chunks 
26 Cereal Snack with Fruit Loops Pineapple Chunks 	27 Papaya Bread Power Punch Craisins	28 Cereal Snack w/Apple Jacks Craisins	29 Plain Bagel with Cream Cheese, Power Punch Peaches 	30 Cereal Bzr with Marshmallow Square Pineapple Chunks 

"This institution is an equal opportunity provider"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<b>1</b> Chicken Broccoli w/Rice Corn and Mixed Fruit 	<b>2</b> Turkey Ham Sandwich Apple Wedge, Veggie Sticks with Dip and Edamame 
<b>5</b> 	<b>Fall Break</b>		<b>8</b>	<b>9</b> 
<b>12</b> Cheese Pizza, Orange Wedge Spinach and Romaine Salad Veggie Sticks 	<b>13</b> Fish Sandwich, Grape Juice Rainbow Salad w/Edamame 	<b>14</b> Corndog and Fries Veggie Sticks w/Dip Strawberries 	<b>15</b> Chicken Patty Sandwich Apple, Veggie Sticks and Baked Beans 	<b>16</b> Popcorn Chicken and Rice Apple Wedge Corn and Carrots 
<b>19</b> Pepperoni Pizza Orange Wedge, Veggie Sticks w/Dip Edamame 	<b>20</b> Cheese Burger and Fries Orange Wedge Veggie Sticks with Hummus 	<b>21</b> Chicken Tenders and Roll Pineapple, Veggie Sticks with Dip and Spinach Romaine Salad 	<b>22</b> Hot Dog and Season Fries Veggies Sticks Fruit Slush 	<b>23</b> Turkey Ham Sandwich Apple Wedge, Veggie Sticks with Dip and Edamame 
<b>26</b> Cheese Pizza Orange Wedge, Veggie Sticks Spinach and Romaine Salad 	<b>27</b> Incredible Burger and Fries Orange Wedge Veggie Sticks with Hummus 	<b>28</b> Chicken Pattie w/Gravy and Rice, Apple Wedge Broccoli and Carrots 	<b>29</b> Tuna Salad Sandwich Fries, Fruit Slush Veggie Sticks w/Dip 	<b>30</b> Chicken Broccoli and Rice Corn and Mixed Fruit 
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