

# October 2021 Breakfast and Lunch Menu

All meals include a choice of either chocolate or white skim milk or 1% white milk.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Coffee Cake Turkey Ham, Orange Apple Chips ***** Kalua Pork with Cabbage Steamed Rice Diced Tomato with Green Onions Pineapple Chunks
4 School-made Cinnamon Roll Diced Pears Fruit Punch Juice ***** Macaroni & Cheese Asian Slaw Baby Carrots, Baked Beans Apple	5 Portuguese Sausage Steamed Rice, Apple Pineapple Chunks ***** Pepperoni Pizza Green Salad Veggie Sticks, Hummus Fruit Punch Juice	6 Mini Pancakes Mixed Fruit Craisins ***** Sloppy Joe Wedge Fries Green Salad MOG Slushie	7 Cereal with Toast Applesauce Paradise Punch Juice ***** Breaded Chicken Tenders Steamed Rice Steamed Carrots, Edamame Apple Chips	8 Breakfast Pizza Orange Apple Chips ***** Roasted Turkey with Gravy Mashed Potatoes Baby Carrots Diced Pears
11  No School Fall Break	12  No School Fall Break	13  No School Fall Break	14  No School Fall Break	15  No School Fall Break
18 Cheese-stuffed Sticks Marinara Sauce Fruit Punch Juice ***** Cheese or Vegetarian Pizza Green Salad Baby Carrots Craisins	19 Belgian Waffle Apple Mixed Fruit ***** Fish Sandwich Wedge Fries, Baked Beans Veggie Sticks White Grape Slushie	20 Cereal with Toast Sliced Peaches Grape Juice ***** Creole Macaroni Coleslaw Steamed Edamame Apple	21 Portuguese Sausage Steamed Rice, Craisins Applesauce ***** Roasted Pork with Gravy Steamed Rice, Carrots Steamed Broccoli Strawberry Kiwi Juice	22 School-made Cinnamon Roll Orange Apple Chips ***** Hot Dog-in-Bun Tater Tots, Baby Carrots Veggie Sticks Pineapple Chunks
25 French Toast Sticks Pineapple Chunks Power Punch Juice ***** Tasty Chicken Tenders Steamed Rice, Green Salad Baby Carrots, Veggie Sticks Applesauce	26 Breaded Chicken Patty Steamed Rice, Craisins Sliced Peaches ***** Tuna Sandwich Corn Chowder, Green Salad Tomato Wedge, Edamame POG Slushie	27 Cereal with Toast Diced Pears Apple ***** Beef Chili Nachos Steamed Broccoli Corn Grape Juice	28 Pizza Bagel Mixed Fruit Grape Juice ***** Cheese Burger Tater Tots Coleslaw, Baked beans Mixed Fruit	29 Coffee Cake Turkey Ham, Orange Apple Chips ***** Kalua Pork with Cabbage Steamed Rice Diced Tomato with Green Onions Pineapple Chunks

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

Menu is subject to change without notice.