

# SEPT/OCT 2020 Lunch Menu



28 Ham, Turkey & Cheese Wrap  Fruit & Vegetable Choice of Milk	29 Whole Grain Chicken Caesar Wrap  Fruit & Vegetable Choice of Milk	30 Turkey & Cheese on Wheat Bread  Fruit & Vegetable Choice of Milk	1 Turkey Bacon Ranch Wrap  Fruit & Vegetable Choice of Milk	2 Whole Grain Crispy Chicken Wrap  Fruit & Vegetable Choice of Milk
5 Turkey & Cheese on Wheat Bread  Fruit & Vegetable Choice of Milk	6 Protein Pack (sunbutter,yogurt,cheeses tick)  Fruit & Vegetable Choice of Milk	7 Chicken Ranch Wrap  Fruit & Vegetable Choice of Milk	8 Sunbutter & Jelly Sandwich  Fruit & Vegetable Choice of Milk	9 All American Sub  Fruit & Vegetable Choice of Milk
12 Columbus Day - No School Today  Whole Grain Chicken Caesar Wrap  Fruit & Vegetable Choice of Milk	13 Make Your Own Pizza Bagel  Fruit & Vegetable Choice of Milk	14 Chicken Sandwich  Fruit & Vegetable Choice of Milk	15 Ham Pinwheels  Fruit & Vegetable Choice of Milk	16 Turkey Ranch Wrap  Fruit & Vegetable Choice of Milk
19 Turkey & Cheese Sub  Fruit & Vegetable Choice of Milk	20 Berry Yogurt Parfait  Fruit & Vegetable Choice of Milk	21 Chicken Ranch Wrap  Fruit & Vegetable Choice of Milk	22 Sunbutter & Jelly  Fruit & Vegetable Choice of Milk	23 All American Sub  Fruit & Vegetable Choice of Milk
26 Ham,Turkey & Cheese Wrap  Fruit & Vegetable Choice of Milk	27 Make Your Own Pizza Bagel  Fruit & Vegetable Choice of Milk	28 Chicken Sandwich  Fruit & Vegetable Choice of Milk	29 Ham & Cheese Sandwich  Fruit & Vegetable Choice of Milk	30 Whole Grain Chicken Caesar Warp  Fruit & Vegetable Choice of Milk

# SEPT/OCT

## 2020 Breakfast Menu



28 Whole Grain Cinn Raisin Bagel w/ Cream cheese  100% Juice Fruit Choice of Milk	29 Whole Grain Cinnamon Toast Crunch Cereal  100% Juice Fruit Choice of Milk	30 Whole Grain Cheerios w/ Graham Cracker  100% Juice Fruit Choice of Milk	1 Whole Grain Strawberry Poptart  100% Juice Fruit Choice of Milk	2 Mini Powdered Donuts  100% Juice Fruit Choice of Milk
5 Apple Fruedel  100% Juice Fruit Choice of Milk	6 Whole Grain Blueberry Muffin  100% Juice Fruit Choice of Milk	7 Whole Grain Cinnamon Breakfast Round  100% Juice Fruit Choice of Milk	8 Dannon Yogurt  100% Juice Fruit Choice of Milk	9 Whole Grain Cherry Apple Cereal Bar  100% Juice Fruit Choice of Milk
12 Columbus Day - No School Today  Whole Grain Cinn.Raisin Bagel w/ Cream cheese  100% Juice Fruit Choice of Milk	13 Whole Grain Cocoa Krispy Bar  100% Juice Fruit Choice of Milk	14 Whole Grain Cheerios Cereal w/Graham Cracker  100% Juice Fruit Choice of Milk	15 Whole Grain Chocolate Chip Muffin  100% Juice Fruit Choice of Milk	16 Whole Grain Lemon Crunch Cereal Bar  100% Juice Fruit Choice of Milk
19 Mini Chocolate Donuts  100% Juice Fruit Choice of Milk	20 Whole Grain Trix Cereal  100% Juice Fruit Choice of Milk	21 Whole Grain Cinnamon Breakfast Round  100% Juice Fruit Choice of Milk	22 Whole Grain Frosted Flakes Cereal  100% Juice Fruit Choice of Milk	23 Whole Grain Cherry Apple Cereal Bar  100% Juice Fruit Choice of Milk
26 Whole Grain Plain Bagel w/Cream Cheese  100% Juice Fruit Choice of Milk	27 Whole Grain Strawberry Poptart  100% Juice Fruit Choice of Milk	28 Whole Grain Cheerios w/Graham Cracker  100% Juice Fruit Choice of Milk	29 Whole Grain Blueberry Muffin  100% Juice Fruit Choice of Milk	30 Mini Powdered Donuts  100% Juice Fruit Choice of Milk