

OCTOBER BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Cinnamon Crunch Cereal Granny Smith Apples 100% Fruit Juice (DAR) Milk	Blueberry Whole Grain Pop Tarts Tropical Fruit Cups 100% Fruit Juice (DAR) Milk	Honey Cheerios Cereal Banana 100% Fruit Juice (DAR) Milk
6	7	8	9	10
Double Chocolate Muffins w/ Cheese Mixed Fruit Cups 100% Fruit Juice (DAR) Milk	Coco Puffs Cereal Diced Pears 100% Fruit Juice (DAR) Milk	Golden Graham Cereal Bars Banana 100% Fruit Juice (DAR) Milk	Fruit Loops Cereal Mandarin Cups 100% Fruit Juice (DAR) Milk	Granola Bars w/ String Cheese Golden Apples 100% Fruit Juice (DAR) Milk
13	14	15	16	17
Cinnamon Chex Cereal Diced Peach 100% Fruit Juice (DAR) Milk	Trix Cereal Bars Apple Sauce 100% Fruit Juice (DAR) Milk	Blueberry Muffins w/ Cheese Gala Apples 100% Fruit Juice (DAR) Milk	Honey Cheerios Cereal Diced Pineapples 100% Fruit Juice (DAR) Milk	Blueberry Whole Grain Pop Tarts Banana 100% Fruit Juice (DAR) Milk
20	21	22	23	24
Golden Graham Cereal Bars Granny Smith Apples 100% Fruit Juice (DAR) Milk	Banana Muffins w/ Cheese Diced Pears 100% Fruit Juice (DAR) Milk	Coco Puffs Cereal Banana 100% Fruit Juice (DAR) Milk	Granola Bars w/ String Cheese Tropical Fruit Cups 100% Fruit Juice (DAR) Milk	Cinnamon Crunch Cereal Gala Apples 100% Fruit Juice (DAR) Milk
27	28	29	30	31
Double Chocolate Muffins w/ Cheese Mandarin Cups 100% Fruit Juice (DAR) Milk	Fruit Loops Cereal Apple Sauce 100% Fruit Juice (DAR) Milk	Blueberry Whole Grain Pop Tarts Apple Sauce 100% Fruit Juice (DAR) Milk	Apple Cinnamon Muffins w/ Cheese Gala Apples 100% Fruit Juice (DAR) Milk	Honey Cheerios Cereal Diced Pineapples 100% Fruit Juice (DAR) Milk

MENU NOTIFICATIONS

(VEG)- Vegetarian Meal

(DAR)- Dairy used in Meal

(LS) – Locally Sourced Options

(W/W) – Whole Wheat

NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

PORK – Pork is never served



Substitutions – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without

OCTOBER LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Honey Garlic Chicken Legs (New) Brown Rice Seasoned Carrot Coins Diced Peaches (DAR) Milk	Krispy Chicken & Waffles Whole Grain Waffles Broccoli Snack Packs Apple Sauce (DAR) Milk	Turkey Tacos w/ Shredded Cheese Whole Grain Wraps Black Beans Mandarin Cups (DAR) Milk
6	7	8	9	10
Chicken Pasta W/ Garden Salad Whole Wheat Elbows Romaine Lettuce Salad Gala Apples (DAR) Milk	General Tso Chicken (New) Brown Rice Mandarin Stir Fry Mango Snack Packs (DAR) Milk	Lemon Pepper Chicken Legs Yellow Rice Pinto Beans Diced Pineapple (DAR) Milk	Beefy Mac & Cheese Whole Wheat Elbows w/Cheese Sauce Green Peas Banana (DAR) Milk	Pulled Buffalo Chicken Brown Rice w/ Pita Bread Sweet Potato Apple Sauce (DAR) Milk
13	14	15	16	17
TSG The Chick Sandwich Whole Grain Bun Black Beans Diced Pears (DAR) Milk	Chicken Nacho's w/ Cheese Whole Grain Nacho's Corn Banana (DAR) Milk	Korean BBQ Chicken Legs (New) Whole Wheat Korean Noodles Asian Vegetable Blend w/ Broccoli Tropical Fruit Cups (DAR) Milk	Krispy Chicken & Waffles Whole Grain Waffles Roasted Cauliflower Orange Wedges (DAR) Milk	TSG Jumbo Dogs Sweet Potato Fries Mandarin Cups (DAR) Milk
20	21	22	23	24
Chicken Pasta W/ Caesar Salad Romaine Lettuce Whole Grain Croutons Mixed Fruit Cups (DAR) Milk	Teriyaki Turkey Meatball (New) Brown Rice Asian Vegetable Blend w/ Snap Beans Cantaloupe Snack Packs (DAR) Milk	Jerk Chicken Legs Yellow Rice Kidney Beans Mandarin Cups (DAR) Milk	Beefy Mac & Cheese Whole Wheat Elbows w/Cheese Sauce Honey Roasted Carrots Banana (DAR) Milk	Chicken Tacos w/ Shredded Cheese Whole Grain Wraps Mexican Street Corn Diced Pineapples (DAR) Milk
27	28	29	30	31
Beef Cheeseburgers Whole Grain Buns Green Beans Golden Apples (DAR) Milk	Turkey Nacho's w/ Cheese Whole Grain Nacho's Pinto Beans Banana (DAR) Milk	Honey Garlic Chicken Legs (New) Brown Rice Roasted Broccoli Honey Dew Snack Packs (DAR) Milk	Pulled BBQ Chicken Brown Rice w/ Pita Bread Diced Sweet Potatoes Apple Sauce (DAR) Milk	Chicken Nuggets (New) Whole Grain Rolls Potato French Fries Diced Pears (DAR) Milk

MENU NOTIFICATIONS

(VEG)- Vegetarian Meal

(DAR)- Dairy used in Meal

(LS) – Locally Sourced Options

(W/W) – Whole Wheat

NUTS – Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

PORK – Pork is never served



Substitutions – Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without

OCTOBER LUNCH

VEGETARIANS



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Honey Garlic Tofu, Cheese & Veggies Brown Rice Seasoned Carrot Coins Diced Peaches (DAR) Milk	Meatless Tenders & Waffles Whole Grain Waffles Broccoli Snack Packs Apple Sauce (DAR) Milk	veggie Tacos w/ Shredded Cheese Whole Grain Wraps Black Beans Mandarin Cups (DAR) Milk
6	7	8	9	10
Veggie Pasta W/ Garden Salad Whole Wheat Elbows Romaine Lettuce Salad Gala Apples (DAR) Milk	General Tso Tofu & Veggie (New) Brown Rice Mandarin Stir Fry Mango Snack Packs (DAR) Milk	Lemon Pepper Tofu & Veggies Yellow Rice Pinto Beans Diced Pineapple (DAR) Milk	Veggie Mac & Cheese Whole Wheat Elbows w/Cheese Sauce Green Peas Banana (DAR) Milk	Buffalo Tofu & Veggies Brown Rice w/ Pita Bread Diced Sweet Potatoes Apple Sauce (DAR) Milk
13	14	15	16	17
TSG The Veggie Sandwich Whole Grain Bun Black Beans Diced Pears (DAR) Milk	Vegetarian Nacho's w/ Cheese Whole Grain Nacho's Corn Banana (DAR) Milk	Korean BBQ Tofu & Veggie (New) Whole Wheat Korean Noodles Asian Vegetable Blend w/ Broccoli Tropical Fruit Cups (DAR) Milk	Meatless Tenders & Waffles Whole Grain Waffles Roasted Cauliflower Orange Wedges (DAR) Milk	TSG Veggie Dogs Sweet Potato Fries Mandarin Cups (DAR) Milk
20	21	22	23	24
Veggie Pasta W/ Caesar Salad Romaine Lettuce Whole Grain Croutons Mixed Fruit Cups (DAR) Milk	Teriyaki Veggies & Cheese (New) Brown Rice Asian Vegetable Blend w/ Snap Beans Cantaloupe Snack Packs (DAR) Milk	Jerk Tofu & Veggies Yellow Rice Kidney Beans Mandarin Cups (DAR) Milk	Vegetarian Mac & Cheese Whole Wheat Elbows w/Cheese Sauce Honey Roasted Carrots Banana (DAR) Milk	Veggie Tacos w/ Shredded Cheese Whole Grain Wraps Mexican Street Corn Diced Pineapples (DAR) Milk
27	28	29	30	31
Veggie Burgers Whole Grain Buns Green Beans Golden Apples (DAR) Milk	Veggie Nacho's w/ Cheese Whole Grain Nacho's Pinto Beans Banana (DAR) Milk	Honey Garlic Tofu, Cheese & Veggies Brown Rice Roasted Broccoli Honey Dew Snack Packs (DAR) Milk	BBQ Veggies Brown Rice w/ Pita Bread Diced Sweet Potatoes Apple Sauce (DAR) Milk	Vegetarian Nuggets (New) Whole Grain Rolls Potato French Fries Diced Pears (DAR) Milk

MENU NOTIFICATIONS

(VEG)- Vegetarian Meal

(DAR)- Dairy used in Meal

(LS) - Locally Sourced Options

(W/W) - Whole Wheat

NUTS - Nuts are never served. We serve Soy or Sunflower butter as a peanut butter substitute

PORK - Pork is never served



Substitutions - Due to the Covid-19 pandemic, the entire country is experiencing consistent supply chain shortages. The food supply chain is no exception. We reserve the right to make menu or supply item substitutions whenever necessary without prior