
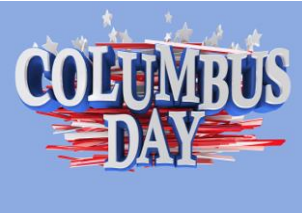



OCTOBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>FREE SCHOOL MEALS FOR ALL CHILDREN UP TO AGE 18</p> <p>Until December 31st or USDA funding is depleted</p>			1 Hot Dog on a Bun Cereal & Yogurt Plate with string cheese	2 Chicken Patty on a Soft Roll Cereal & Yogurt Plate with string cheese	
5 Cheese Pizza Yogurt & Muffin Plate	6 Cheeseburger on a soft bun Yogurt & Muffin Plate	7 Remote Learning Only	8 Mozzarella Sticks with marinara dipping sauce Yogurt & Muffin Plate	9 Fun Shaped Chicken Nuggets with a soft roll Yogurt & Muffin Plate	<p><u>Daily Options:</u></p> <p><i>Rainbow Fruit Tray</i> May take 1 item</p> <p><i>Rainbow Vegetable Tray –</i> May take 2 items</p> <p><i>Ice cold chocolate or 1% white milk</i></p> <p>Menus may change without notice. <i>This institution is an equal opportunity employer.</i></p> <p>Ala Carte Milk .75</p>
12 	13 Grilled Cheese Sandwich with fun sized chips Cereal & Yogurt Plate with string cheese	Remote Learning Only	15 Chicken Nuggets with a soft bun Cereal & Yogurt Plate with string cheese	16 Mini Corn Dog Nuggets Cereal & Yogurt Plate with string cheese	
19 Popcorn Chicken with a soft roll Yogurt & Muffin Plate	20 Cheeseburger on a soft bun Yogurt & Muffin Plate	21 Remote Learning Only	22 Hot Dog on a Bun Yogurt & Muffin Plate	23 Cheese Pizza Yogurt & Muffin Plate	
26 Mini Corn Dog Nuggets Cereal & Yogurt Plate with string cheese	27 Mozzarella Sticks with marinara dipping sauce Cereal & Yogurt Plate with string cheese	28 Remote Learning Only	29 Cheeseburger On a soft bun Cereal & Yogurt Plate with string cheese	30 Grilled Cheese Sandwich with fun sized chips Cereal & Yogurt Plate with string cheese	

BGP & TIS

Breakfast Menu – 8:30-8:50

Pick up in the kitchen and eat in the cafeteria!



Students must select at least three out of four food items offered including one fruit or fruit juice:

TYPICAL CHOICES LISTED BELOW

Milk ~ Choice of one serving of either skim, low fat white, or nonfat flavored milk.

Fruit ~ May take one fruit juice and one fruit **or** two fruits but must select at least one or the other. Choices include 100% fruit juice, fresh, cupped or dried fruit.

The following items will require either 1 OE, from each component-may select 2 or 2 OE of one component- select 1

Bread/Grains ~ whole grain bagel, assorted whole grain cereal, cereal bars, whole grain muffins and breads, breakfast buns, waffles, pancakes or French toast when available.

Protein Choices ~ lean meat, eggs, cheese sticks, yogurt, sunflower seeds, breakfast pizza.

Breakfast is \$1.95 for full paying students, .30 for those qualifying for reduced meals and free for those qualifying for free meals. Students may use their meal account to purchase breakfast.

Menu subject to change

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