



October 2020 Full Year

Monday October 12 Day 1	Tuesday October 13 Day 2	Wednesday October 14 Day 3	Thursday October 15	Friday October 16
<u>Breakfast</u> Oatmeal ¼ cup Diced Apples ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Biscuit ½ w/ gravy Pineapple ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Cornflakes 1/3 cup Banana ½ cup 1% Milk ¾ cup	VIRTUAL	VIRTUAL
<u>Lunch</u> Cheeseburger 1 oz. meat CN Label ½ oz. cheese on Enriched HB bun w/ lettuce, tomato, pickle Fries ¼ cup Pears ¼ cup 1% Milk ¾ cup	<u>Lunch</u> Chicken Patty 1 ½ oz. CN Label Sweet Potatoes ¼ cup Peas ¼ cup Mixed Fruit ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Pinto Beans 3/8 cup Macaroni & Tomatoes ¼ cup Cooked Apples ¼ cup Cornbread ½ oz. eq. 1% Milk ¾ cup	VIRTUAL	VIRTUAL
<u>Snack</u> Goldfish crackers ½ cup 100% Fruit Juice ½ cup Water	<u>Snack</u> Yogurt ½ cup Peaches ½ cup Water	<u>Snack</u> Blueberry Muffin (1) 100% Fruit Juice ½ cup Water	VIRTUAL	VIRTUAL

This institution is an equal opportunity provider and employer.

HM – Homemade; WW – Whole Wheat; WG – Whole Grain

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Monday October 19 Day 4	Tuesday October 20 Day 5	Wednesday October 21 Day 6	Thursday October 22	Friday October 23
<u>Breakfast</u> WG Cinnamon French Toast (1) 100% Orange Juice ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Butter Toast ½ (enriched bread) Eggs (1) Applesauce ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Rice Krispies 1/3 cup 100% Orange Juice ½ cup 1% Milk ¾ cup	VIRTUAL	VIRTUAL
<u>Lunch</u> Sloppy Joe w/meat CN Label 1 ½ oz. on enriched bun Potato Tots ¼ cup Carrots ¼ cup Strawberries ¼ cup 1% Milk ¾ cup	<u>Lunch</u> Steak CN Label 1 ½ oz. w/gravy Green Beans ¼ cup Mandarin Oranges ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Fish Sticks CN Label 1 ½ oz. Macaroni & Cheese ¼ cup Mustard Greens ¼ cup Pineapples ¼ cup 1% Milk ¾ cup	VIRTUAL	VIRTUAL
<u>Snack</u> Seasonal Fresh Fruit ½ cup 1% Milk ½ cup Water	<u>Snack</u> Beef Bologna (1) Saltine Crackers (4) Water	<u>Snack</u> Graham Crackers (4) Peanut Butter 1Tbsp Water	VIRTUAL	VIRTUAL

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Sunflower butter may be substituted for peanut butter.

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Monday October 26 Day 7	Tuesday October 27 Day 8	Wednesday October 28 Day 9	Thursday October 29	Friday October 30
<u>Breakfast</u> Breakfast Burrito (1) Pears ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Cream of Wheat ¼ cup Strawberries ½ cup 1% Milk ¾ cup	<u>Breakfast</u> Pancakes (1) Peaches ½ cup 1% Milk ¾ cup	VIRTUAL	VIRTUAL
<u>Lunch</u> HM Spaghetti w/ meat CN Label 1 ½ oz. Corn ¼ cup Mandarin Oranges ¼ cup WW Roll ½ oz. eq. 1% Milk ¾ cup	<u>Lunch</u> Chicken Taco meat CN Label 1 ½ oz. ½ Enriched taco wrap w/ lettuce, tomato Mexican Rice (brown rice) ¼ cup Banana ¼ cup 1% Milk ¾ cup	<u>Lunch</u> Pizza CN Label 1 ½ oz. Salad w/ lettuce, tomato, cucumber ¼ cup Pineapples ¼ cup 1% Milk ¾ cup	VIRTUAL	VIRTUAL
<u>Snack</u> Fresh Mixed Vegetable w/dip ½ cup 1% Milk ½ cup Water	<u>Snack</u> Ritz crackers (4) Cheese 1 oz. 100% Fruit Juice ½ cup Water	<u>Snack</u> WG Scooby Bones Crackers (1) 1% Milk ½ cup Water	VIRTUAL	VIRTUAL

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