




October 2021

Mon		Tue		Wed		Thu		Fri	
				<p><u>Meal Prices for School Year 2021-2022:</u></p> <p>FREE SCHOOL MEALS FOR ALL STUDENTS!</p> <p>1% unflavored milk and chocolate skim milk are offered daily.</p> <p>Menus are subject to change without notice.</p>				<p>Fruit Strudel or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Turkey & Cheese Sandwich Carrot & Celery Sticks Chips</p> <p>Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Cheese Sandwich</p> <p>EARLY RELEASE No Snacks</p>	
<p>Muffin or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Chicken Nuggets Dinner Roll Glazed Carrots Garden Salad with dressing Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Veggie Nuggets</p> <p>Rice Crispy Treats 100% Juice</p>		<p>Turkey Sausage Biscuit or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Orange Oriental Chicken Steamed Rice Pacific Veggie Blend Vegetable Egg Roll Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Veggie Nuggets</p> <p>Chocolate Chip Cookies 100% Juice</p>		<p>Cinnamon Roll or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Grilled Cheese Sandwich Tomato Soup Garden Salad with dressing Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Grilled Cheese Sandwich</p> <p>Baked Cheetos 100% Juice</p>		<p>Waffle or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Hamburger/Cheeseburger French Fries Garden Salad with dressing Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Garden Burger</p> <p>String Cheese 100% Juice</p>		<p>Bagel w/Cream Cheese or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Manager's Choice</p> <p>Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>EARLY RELEASE No Snacks</p>	
				<p>Teacher Professional Learning Day</p> <p>NO SCHOOL FOR STUDENTS</p>		<p>Cinnamon Roll or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Chicken Sausage Coney Bun Vegetarian Baked Beans Cole Slaw Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: WOW Butter & Jelly Sandwich</p> <p>Berry Granola Bar 100% Juice</p>		<p>Muffin/Fruit Yogurt or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Manager's Choice</p> <p>Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>EARLY RELEASE No Snacks</p>	
<p>FruitYogurt/Muffin or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Chicken Fillet Sandwich Hamburger Bun Black Eyed Peas Lettuce & Tomato Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Vegetarian Nuggets</p> <p>Chocolate Chip Cookies 100% Juice</p>		<p>Pancake& Turkey Bacon or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Turkey-A-Roni Garlic Breadstick ItalianVegetable Blend Garden Salad with Dressing Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Pasta Marinara</p> <p>Pop Tart 100% Juice</p>		<p>Fruit Muffin or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Philly Chicken & Cheese Coney Bun Good for You Green Beans Lettuce & Tomato Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Vegetarian Sloppy Joe</p> <p>Doritos 100% Juice</p>		<p>Breakfast Pizza or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Salisbury Steak with Gravy Mashed Potatoes Italian Vegetable Blend Garden Salad with Dressing Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Vegetarian Steak with Gravy</p> <p>String Cheese 100% Juice</p>		<p>Bagel w/Cream Cheese or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Manager's Choice</p> <p>Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative:</p> <p>EARLY RELEASE No Snacks</p>	
<p>French Toast Sticks or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Chicken Tenders Dinner Roll Sweet Yams Garden Salad with Dressing Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Veggie Nuggets</p> <p>Cereal Bar 100% Juice</p>		<p>Turkey SausageBiscuit or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Turkey Chili & Beans Corn Bread Cole Slaw Garden Salad with Dressing Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Spaghetti & Marinara Sauce</p> <p>Rice Krispy Treat 100% Juice</p>		<p>Breakfast Pizza or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Grilled Chicken Breast Hamburger Bun Lettuce & Tomato Glazed Carrots Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Spicy Black Bean Burger</p> <p>Funyuns 100% Juice</p>		<p>Muffin or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Spaghetti & Meatballs Garlic Breadsticks Chef Veggie Blend Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Vegetarian Alternative: Garden Burger</p> <p>Chocolate Chip Cookies 100% Juice</p>		<p>Fruit Strudel/Yogurt or Cereal Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>Manager's Choice</p> <p>Fresh or Canned Fruit 100% Juice Choice of Milk</p> <p>EARLY RELEASE No Snacks</p>	