

October 2021 virtual

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<i>Breakfast</i>					
Cereal Juice Toast Milk	Cinnamon Breakfast Round Juice Toast Milk	Muffin Juice Toast Milk	Cereal Juice Toast Milk	Mini Waffles Juice Toast Milk	
<i>LUNCH</i>					
				Oct 1	2
				Pizza Lettuce Fresh Veggie Fresh Fruit Milk	
4 Chicken Fillet Hot Vegetable Lettuce Fresh Fruit Bread Milk	5 Chicken Rice Bowl Hot Veg Lettuce Fresh Fruit Bread Milk	6 Corn Dog Hot Veg Lettuce Fresh Fruit Bread Milk	7 Rotini & Meat Sauce Hot Vegetable Lettuce Fresh Fruit Bread Milk	8 Pizza Pocket Lettuce Fresh Veggie Fresh Fruit Milk	3
11 Hamburger Patty Hot Vegetable Lettuce Fresh Fruit Bread Milk	12 Mac & Cheese Hot Vegetable Fresh Veggie Fresh Fruit Bread Milk	13 Chicken Rice Bowl Hot Veg Lettuce Fresh Fruit Bread Milk	14 No School	15 No School	1
18 Meat Loaf Hot Vegetable Lettuce Fresh Fruit Bread Milk	19 Chicken Rice Bowl Hot Vegetable Fresh Veggie Fresh Fruit Bread Milk	20 Omelet French Toast Lettuce Fresh Fruit Bread Milk	21 Chicken Nuggets Hot Veg Lettuce Fresh Fruit Bread Milk	22 Pizza Lettuce Fresh Veggie Fresh Fruit Milk	2
25 Chicken Rice Bowl Hot Vegetable Lettuce Fresh Fruit Bread Milk	26 Chicken Drumstick Hot Veg Lettuce Fresh Fruit Bread Milk	27 Corn Dog Hot Veg Lettuce Fresh Fruit Bread Milk	28 Rotini & Meat Sauce Hot Vegetable Lettuce Fresh Fruit Bread Milk	29 Pizza Lettuce Fresh Veggie Fresh Fruit Milk	3

**Weekly, Each child gets one bag with:**

**Entrees-5 frozen entrees, cereal**

**Vegetable-2c frozen week**

**Fresh Veggies-Week 1: Carrots 1# bag**

**Week 2: Cucumber-1**

**Week 3: Red Pepper-1**

**Organic Green Leaf Lettuce-1 head**

**Fresh Fruit**

**Bread**

**Milk**