



# OCTOBER

## Breakfast & Lunch Menu Calendar

USDA is an Equal Opportunity Provider & Employer

\*Menu Subject to Change\*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28-Sep</b>	<b>29-Sep</b>	<b>30-Sep</b>	<b>1-Oct</b>	<b>2-Oct</b>
 *Oatmeal Bar Sausage Links Peaches FF Milk, 1% Milk Chicken Teriyaki Rice, Roasted Broccoli Tropical Fruit FF Milk, 1% Milk	 French Toast Sticks Sausage Links, Blueberries Pears FF Milk, 1% Milk  Beef Tacos Beans, Salsa Mandarin Oranges FF Milk, 1% Milk	 Biscuits, Gravy Scrambled Eggs Juice, Peaches FF Milk, 1% Milk  Salt & Pepper Salmon Bouillon Rice Corn FF Milk, 1% Milk	 Blueberry Pancakes Potato Wedges Mandarin Oranges FF Milk, 1% Milk Chicken Alfredo Breadsticks, Baby Carrots Tropical Fruit FF Milk, 1% Milk	Breakfast Burrito Pears Juice Chocolate Milk, 1% Milk  Pizza Coleslaw Mandarin Oranges Chocolate Milk, 1% Milk
<b>5-Oct</b>	<b>6-Oct</b>	<b>7-Oct</b>	<b>8-Oct</b>	<b>9-Oct</b>
 Biscuits Scrambled Eggs Mandarin Oranges & Pears FF Milk, 1% Milk  Rice & Gravy Roasted Broccoli Pears FF Milk, 1% Milk	French Toast Sticks Sausage Links, Blueberries Fruit Juice FF Milk, 1% Milk Chicken Alfredo Bread Sticks, Green Beans Peaches FF Milk, 1% Milk	 *Oatmeal Bar Shredded Coconut Fruit Juice FF Milk, 1% Milk  Quesadillas Potato Wedges Mandarin Oranges FF Milk, 1% Milk	 Pancakes Eggs Tropical Fruit & Peaches FF Milk, 1% Milk Moose/Beef Stew Breadsticks, Yogurt Mixed Berries FF Milk, 1% Milk	 Banana Bread Smoothies Pears Chocolate Milk, 1% Milk Chicken Nuggets Baby Carrots, Pears Chocolate Chip Cookies Chocolate Milk, 1% Milk
<b>12-Oct</b>	<b>13-Oct</b>	<b>14-Oct</b>	<b>15-Oct</b>	<b>16-Oct</b>
 Yogurt  Cereal Blueberries FF Milk, 1% Milk Chicken Teriyaki Rice, Roasted Broccoli Tropical Fruit FF Milk, 1% Milk	 Blueberry Muffins Yogurt Mixed Berries Chocolate Milk, 1% Milk  Beef Tacos Beans Pears FF Milk, 1% Milk	Breakfast Burrito Sour Cream, Salsa Juice, Tropical Fruit FF Milk, 1% Milk Spaghetti, Breadsticks Corn Mandarin Oranges FF Milk, 1% Milk	 *Oatmeal Bar Sausage Links Peaches FF Milk, 1% Milk Enchiladas Green Beans Mandarin Oranges FF Milk, 1% Milk	 Cooks Choice Pancakes Potato Wedges Mandarin Oranges FF Milk, 1% Milk  Pizza Baby Carrots Tropical Fruit Chocolate Milk, 1% Milk
<b>Alaska Day Observed</b>	<b>20-Oct</b>	<b>21-Oct</b>	<b>22-Oct</b>	<b>23-Oct</b>
 Blueberry Bread Yogurt Fruit Juice FF Milk, 1% Milk Salmon Patties Rice, Salad Pears FF Milk, 1% Milk	 Biscuits Scrambled Eggs Tropical Fruit FF Milk, 1% Milk  Quesadillas Potato Wedges Peaches FF Milk, 1% Milk	 Chocolate Chip Pancakes Potato Wedges Mandarin Oranges FF Milk, 1% Milk Moose/Beef Stew Breadsticks, Yogurt Berries FF Milk, 1% Milk	 *Oatmeal Bar Sausage Links Juice, Peaches FF Milk, 1% Milk  Rice & Gravy Roasted Broccoli Pears FF Milk, 1% Milk	 Banana Bread Smoothies Fruit Cup Chocolate Milk, 1% Milk Spaghetti, Bread Sticks Baby Carrots Mandarin Oranges Chocolate Milk, 1% Milk
<b>26-Oct</b>	<b>27-Oct</b>	<b>28-Oct</b>	<b>29-Oct</b>	<b>30-Oct</b>
 *Oatmeal Bar Sausage Links Peaches FF Milk, 1% Milk Chicken Teriyaki Rice, Roasted Broccoli Tropical Fruit FF Milk, 1% Milk	French Toast Sticks Sausage Links, Blueberries Pears FF Milk, 1% Milk  Beef Tacos Beans, Salsa Mandarin Oranges FF Milk, 1% Milk	 Biscuits, Gravy Scrambled Eggs Juice, Peaches FF Milk, 1% Milk  Salt & Pepper Salmon Bouillon Rice Corn FF Milk, 1% Milk	 Blueberry Pancakes Potato Wedges Mandarin Oranges FF Milk, 1% Milk Chicken Alfredo Breadsticks, Baby Carrots Tropical Fruit FF Milk, 1% Milk	Breakfast Burrito Pears Juice Chocolate Milk, 1% Milk  Pizza Coleslaw Mandarin Oranges Chocolate Milk, 1% Milk

\* Oats are naturally gluten free. This oat product may have been processed in a facility with gluten, therefore is not certified gluten free.

 Vegetarian

 Gluten Friendly