October 2020

 M T W TH F

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| This institute is an equal opportunity providerMenu’s subject to change upon availability |  |  | **1.****Omelet, toast, pears, milk/j****Sweet and sour chicken, rice, peas,**  | **2.****French toast, oranges, milk/j****Corn dogs,**  |
| **5.****Cereal bar, banana, milk/j****Cheeseburger on WG bun, fries, applesauce, milk** | **6.****Scrambled eggs, toast, fruit cocktail, milk/j****Crispitos,** **romaine salad,** **carrots, milk** | **7.****Breakfast stick, pears, milk/j****Scalloped potatoes and ham, roll, peas, pineapple, milk** | **8.****Muffins, fruit cocktail, milk/j****Hot dogs on WG bun, baked beans, cucumbers, peaches, milk** | **9.****Donuts, applesauce, milk/j****Mac and Cheese with WG noodle,****corn, yogurt, banana, milk** |
| **12.****Breakfast pizza, berries, milk/j****Chicken nuggets, sweet potato fries, pears, milk** | **13.****Biscuits and gravy, fruit cocktail, milk/j****Taco bake,****romaine salad, applesauce, milk** | **14.****Breakfast burrito, oranges, milk/j****Chili, cinnamon roll, Brussel sprouts, pineapple, milk** | **15.****Bagels,****peaches, milk/j****Grilled cheese, mashed potatoes, grapes, milk** | **16.****Coffee cake, pears, milk/j****Sloppy joes, baked beans, fruit cocktail, milk** |
| **19.****Omelets, banana, milk/j****Breaded chicken, French fries, peaches, milk** | **20.****French toast, oranges, milk/j****Lasagna bake,** **romaine salad, applesauce, milk** | **21.****Cereal bar, pears, milk/j****Pizza,** **Carrots, grapes,** **milk** | **22.****Egg bake, fruit cocktail, milk/j****Meatballs,** **roll, baked beans, peaches, milk** | **23.****Breakfast stick, pineapple, milk/j****Fish sandwich, cucumbers, banana, milk** |
| **26.****Muffins, banana, milk/j****Corn dogs,** **baked beans, pears, milk** | **27.****Scrambled eggs, toast, fruit cocktail, milk/j****Beef and cheese nachos, romaine salad, applesauce, milk** | **28.****Biscuits and gravy, oranges, milk/j****Chicken noodle soup w/ crackers, mashed potatoes, grapes, milk** | **29.****Breakfast sandwich, peaches, milk/j****Sweet and sour chicken, rice, carrots, pears, milk** | **30.****Donuts, applesauce, milk/j****Cheese bread w/ sauce, zucchini, blueberries, milk** |
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