October 2020

M T W TH F

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| This institute is an equal opportunity provider  Menu’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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