

OCTOBER 2020 LUNCH MENU

		Sept 30 Cheddar Sausage Sandwich on Whole Grain Bread Peas Pears Milk	1 Veggie Chili Brown Rice Apples Milk	2 NO SCHOOL
5 Tater Tot Casserole with Peas Whole Grain Bread Pineapples Milk	6 Scrambled Eggs Whole Grain Toast Carrots Oranges Milk	7 Chicken Noodle Casserole Mixed Veggies Apple Sauce Milk	8 Sunbutter-Jelly Sammies Cheese Green Beans Pears Milk	9 Chicken and Veggies Brown Rice Mandarin Oranges Milk
12 Spaghetti with Ground Turkey Corn Apples Milk	13 Bacon Breakfast Sandwiches on Whole Grain Bread Tomatoes Oranges Milk	14 Yogurt with Mixed Fruit Whole Grain Bread Cucumbers Milk	15 Chicken and Rice Skillet Peas and Carrots Pineapples Milk	16 Pizza with Meat Green Beans Pears Milk
19 Tuna Noodle Casserole Peas Pears Milk	20 Veggie Egg Scramble Whole Grain Bread Apples Milk	21 Split Pea and Bacon Soup Brown Rice Peaches Milk	22 Tater Tot Casserole with Green Beans Oranges Milk	23 Veggie Pasta Salad Toasted Chickpeas Bananas Milk
26 Pancakes Yogurt Cucumbers Mixed Fruit Milk	27 Veggie Noodle Casserole Roasted Chicken Oranges Milk	28 Beanie Weenies Brown Rice Carrots Apples Milk	29 NO SCHOOL	30 NO SCHOOL

This institution is an equal opportunity provider. Substitutions will be made based on availability.