

Sept/Oct 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>MENU IS SUBJECT TO CHANGE</i></p> <p><i>BREAKFAST IS SERVED WITH JUICE AND MILK</i></p> <p><i>LUNCH IS SERVED WITH MILK</i></p>		<p>Sep 1</p> <p>Breakfast Sandwich Fruit</p> <p>Quesadilla Fresh Broccoli Tossed Salad/Ranch Fresh Pineapple</p>	<p>2</p> <p>WG Muffin Yogurt/Fruit</p> <p>Breakfast Wrap Red & Green Pepper Strips Breakfast Potatoes WG Blueberry Muffin Apple Juice</p>	<p>3</p> <p>WG Pancake on a Stick Fruit</p> <p>Ham & Cheese Sub Sun Chips Baby Carrots/Ranch Cucumber Slices Diced Peaches</p>	<p>4</p> <p>Fruit Strudel Yogurt/Fruit</p> <p>French Bread Garlic Cheese Bread Garden Salad/Ranch Fresh Broccoli Apple Slices</p>	<p>5</p>
	<p>6</p>	<p>7</p> <p>No School</p>	<p>8</p> <p>WG Cereal/WG Toast Fruit</p> <p>Crispito Tortilla Chips Tomato Salsa Grape Tomatoes Mixed Fruit</p>	<p>9</p> <p>WG Fruit & Grain Bar Yogurt/Fruit</p> <p>BBQ Rib/WG Bun Celery Sticks Baby Carrots Diced Peaches</p>	<p>10</p> <p>WG Waffles Ham Patty/Fruit</p> <p>Chicken Patty/WG Bun Garden Salad/Ranch Cucumber Slices Applesauce</p>	<p>11</p> <p>WG Mini Bagel Yogurt/Fruit</p> <p>Pepperoni Pizza Fresh Cauliflower Fresh Broccoli Honeydew</p>
<p>13</p>	<p>14</p> <p>Cereal Bar Yogurt/Fruit</p> <p>Hamburger/WG Bun Baby Carrots Baked Beans Applesauce</p>	<p>15</p> <p>Mini Pancakes Sausage Links/Fruit</p> <p>Sunbutter Sandwich Fresh Broccoli Grape Tomatoes Diced Pears</p>	<p>16</p> <p>WG Oatmeal Bar String Cheese/Fruit</p> <p>Turkey & Cheese Sandwich Sun Chips Baby Carrots/Ranch Celery Sticks Apple Slices</p>	<p>17</p> <p>WG Breakfast Pizza Fruit</p> <p>WG Corn Dog Cucumber Slices Garden Salad/Ranch Fresh Broccoli Mixed Fruit</p>	<p>18</p> <p>WG Mini Donuts Yogurt/Fruit</p> <p>Breaded Mozzarella Cheese Sticks Marinara Sauce Baby Carrots Tossed Salad/Ranch Banana</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>WG Cereal/WG Toast Fruit</p> <p>Italian Chicken/WB Bun Baby Carrots Cucumber Slices Diced Peaches</p>	<p>22</p> <p>WG Mini Pancakes Fruit</p> <p>Bean Burrito Red & Green Pepper Strips Corn Applesauce</p>	<p>23</p> <p>WG Granola Bar Yogurt/Fruit</p> <p>Cheddarwurst/WG Bun Baby Carrots Fruit Choice</p>	<p>24</p> <p>Sausage, Egg & Cheese Bar WG Toast/Fruit</p> <p>WG Popcorn Chicken Fresh Broccoli Celery Stick Apple Slices</p>	<p>25</p> <p>WG Apple Dounut Yogurt/Fruit</p> <p>WG Garlic Cheese French Bread Garden Salad/Ranch Baby Carrots Mixed Fruit</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>WG Cereal Bar Yogurt/Fruit</p> <p>WG Breaded Beef/WG Bun Baby Carrots Tator Tots Diced Pears</p>	<p>29</p> <p>Cheese Omelet WG Toast/Fruit</p> <p>Nachos Tortilla Chips Cheese Dip Tomato Salsa Garden Salad Applesauce</p>	<p>30</p> <p>WG Fruit & Grain Bar Yogurt/Fruit</p> <p>Mini Meatball Sub Baby Carrots/Hummus Fresh Broccoli Apple Slices</p>	<p>Oct 1</p> <p>WG Pancake w/Sausage on a Stick Fruit</p> <p>WG Chicken Tenders Green Beans Cucumber Slices Dinner Roll Mixed Fruit Cup</p>	<p>2</p> <p>WG Mini Cini Yogurt/Fruit</p> <p>WG Cheese Pizza Baby Carrots Garden Salad/Ranch Banana</p>	<p>3</p>
<p>Application for Free/Reduced Meals is available www.unitedcomets.org or in the district office</p>						<p>**This Institution is an Equal Opportunity Provider**</p>

Please Note: All meals include milk, fruit, vegetable, grain, and meat/meat alternate. Milk choice includes choice of non-fat (flavored or unflavored) or 1% (unflavored) milk. Reduced fat dressing is served with salads and fresh vegetables. All grain items are Whole Grain Rich