

October 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>				1	2	3
				WG Pancake w/Sausage on a Stick Fruit WG Chicken Tenders Green Beans Cucumber Slices Dinner Roll Mixed Fruit Cup	WG Mini Cini Yogurt/Fruit WG Cheese Pizza Baby Carrots Garden Salad/Ranch Banana	
4	5 No School	6	7	8	9	10
		WG Cereal/WG Toast Fruit Crispito Garden Salad/Ranch Diced Peaches	WG Poptart Yogurt/Fruit Cheese Omelet Hashbrown WG Muffin Apple Juice	WG French Toast Fruit Chicken Drumsticks Green Beans Mandarin Oranges	WG Mini Donuts Yogurt/ Fruit WG Cheese Bites Marinara Sauce Fresh Broccoli Apple Slices	
11	12	13	14	15	16	17
	WG Cereal Bar Yogurt/Fruit Breaded Pork/WG Bun Baby Carrots Diced Pears	Sausage, Egg & Potato Bites/Fruit Cheesy Chicken Burrito Mixed Vegetables Pineapple	WG Oatmeal Bites Juice Pork Rib/WG Bun Corn Apple Sauce	Egg & Cheese Biscuit Fruit WG Turkey & Cheese Sub Sun Chips Cucumber Slices Diced Peaches	WG Cherry Strudel Yogurt/Fruit Sausage Pizza Baby Carrots Orange Wedges	
18	19	20	21	22	23	24
	WG Cereal/WG Toast Fruit Italian Chicken/Bun Garden Salad/Ranch Diced Pears	WG Waffles Juice Nacho Bites Fresh Broccoli Diced Peaches	WG Muffin/Yogurt Fruit Corn Dog Tator Tots Fruit Choice	WG Sausage & Pancake Wrap/Fruit Fish Sticks Coleslaw Mixed Fruit	WG Mini Bagel Yogurt/Fruit Sunbutter Sandwich Baby Carrots Banana	
25	26	27	28	29	30	31
	WG Cereal Bar Yogurt/Fruit Cheeseburger/WG Bun French Fries Apple Slices	Breakfast Wrap Juice Cheese Quesadilla Baby Carrots/Ranch Mandarin Oranges	WG Fruit & Grain Bar Yogurt/Fruit Chicken Patty/WG Bun Cucumber Slices Fruit Choice	WG Mini Pancakes Fruit Mozzarella Cheese Breadsticks Marinara Sauce Baby Carrots/Ranch Applesauce	WG Donut Yogurt/Fruit Hot Dog/Bun Chips Fresh Broccoli Fresh Grapes	
Application for Free/Reduced Meals is available www.unitedcomets.org or in the district office						**This Institution is an Equal Opportunity Provider**

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