

## ~ October 2021 Breakfast Menu ~

Mon	Tue	Wed	Thu	Fri
4 Cereal Stripples Buttered Toast Fruit Milk	5 Hash Brown Toast Scrambled Eggs Fruit Milk	6 Oatmeal Buttered Toast Hard Boiled Egg Fruit Milk	7 Cereal Buttered Toast Chicken Nuggets Fruit Milk	8 Pancakes Stripples  Fruit Milk
11 	12 Cereal Hard Boiled Egg Buttered Toast Fruit Milk	13 Oatmeal Buttered Toast Sausage Patty Fruit Milk	14 Hash Brown Buttered Toast Sausage Links Fruit Milk	15 Pancakes Stripples Fruit Milk
18 Peanut Butter & Jelly Sandwich  Fruit Milk	19 Cheese Grits Stripples Buttered Toast Fruit Milk	20 Oatmeal Buttered Toast Hard Boiled Egg Fruit Milk	21 Corn Bread Buttered Toast Sausage Patty Fruit Milk	22 Pancakes Scrambled Eggs Fruit Milk
25 Cereal Buttered Toast Fried Eggs Fruit Milk	26 Corn Bread Buttered Toast Chicken Nuggets Fruit Milk	27 Oatmeal Buttered Toast Hard Boiled Egg Fruit Milk	28 Cheese Grits Scrambled Eggs Buttered Toast Fruit Milk	29 Pancakes Sausage Link Fruit Milk

## ~ October 2021 Lunch Menu ~

Mon	Tue	Wed	Thu	Fri
4 BBQ Scallops Mashed Potatoes w/gravy Broccoli Fruit Milk	5 Cheese Pizza Garden Salad  Fruit Milk	6 Spaghetti & Meat Sauce Garden Salad Garlic Bread Fruit Milk	7 <b>Chipotle Style</b> Rice, Crumbles, Beans, Lettuce, tomato, corn, salsa, sour cream Fruit Milk	8 Chick'n Nuggets Potato Wedges Toast Cucumbers Fruit Milk
11 	12 Cheese Pizza Cesar Salad Fruit Milk	13 Spaghetti & Meat Sauce Green Beans Garlic Bread Fruit Milk	14 Vegetarian Beans w/ Links Seasoned Rice Garden Salad Fruit Milk	15 Shepherd's Pie Mixed Vegetables Buttered Toast Fruit Milk
18 Oven Roasted Red Potatoes Sweet & Sour Chick'n (Cutlets) Toast Broccoli Fruit Milk	19 Cheese Pizza Garden Salad  Fruit Milk	20 Chili Beans Macaroni & Cheese Garlic Toast Mixed Vegetables Fruit Milk	21 (Hay Stacks) Crumbles, Lettuce, tomato, Corn chips Fruit Milk	22 Black Beans Yellow Rice Fried Plantains Garden Salad Fruit Milk
25 Spaghetti & Meat Sauce Garden Salad Garlic Bread Fruit Milk	26 Cheese Pizza Garden Salad  Fruit Milk	27 Rice & Peas Steamed Cabbage Yellow Plantain Fruit Milk	28 Hamburgers Lettuce & Tomato Fries Fruit Milk	29 Chik'n Stir-fried Rice Mixed Vegetables Veggie Spring Rolls Fruit Milk


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