

# ELEMENTARY/MIDDLE WEEKLY MENU



<b>OCTOBER</b>	<b>BREAKFAST</b>	<b>LUNCH</b>	<b>SNACK</b>
<b>MONDAY</b> <b>3</b>	Pancake (Syrup), Fresh Sliced Apples (Bag), Milk.	Black Beans & White Rice, Fish Sticks, Pineapple Tidbits, Milk.	Wheat Twins Crackers, Assorted Juice.
<b>TUESDAY</b> <b>4</b>	Cheerios Cereal (GF), Fresh Sliced Orange (Cup), Milk.	Spaghetti with Ham, (Sauce & Cheese), Garlic Bread, Juice.	Assorted Yogurt, Goldfish Crackers.
<b>WEDNESDAY</b> <b>5</b>	Link Sausage, Diced Peach (Cup), Milk.	Pork "Picadillo", Brown Rice, Ripe Sweet Plantains, Popcicle.	Cheese Sliced, Soft Tortilla, Milk.
<b>THURSDAY</b> <b>6</b>	Biscuit (Butter) Fruit Cocktail (Cup), Milk.	Split Peas, Brown Rice, Meatballs, Corn, Milk.	Cheese Stick String, Saltine Crackers, Milk.
<b>FRIDAY</b> <b>7</b>	Chex Simply Cereal, Fresh Natural Banana, Milk.	Chicken Patty on a Bun, Lettuce & Tomatoes, Tater Tots, Soda.	Assorted Mini muffins, Orange Jell-O.

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<b>MONDAY</b> <b>10</b>	French Toast Sticks (Syrup) Fruit Cocktail (Cup), Milk.	Brown Rice, Lentils, Chicken Nuggets, Diced Pears, Milk.	Assorted Cookies, Milk.
<b>TUESDAY</b> <b>11</b>	Cheese Quesadilla, Fresh Pears Natural, Milk.	Macaroni with Meatballs, (Cheese), Garlic Bread, Diced Peach (Cup), Milk.	Ritz Crackers, Fruit Sorbet.
<b>WEDNESDAY</b> <b>12</b>	Assorted Mini Muffins, Diced Peaches (Cup), Milk.	"Moro" Rice (Red Beans), Breaded Fish Sticks, Fruit Cocktail (Cup), Milk.	Cheese Crackers, Pudding Vanilla
<b>THURSDAY</b> <b>13</b>	Corn Flakes Cereal, Fresh Orange Natural, Milk.	Rice with Baked Chicken, Chip Assorted, Chocolate Milk.	Animal Crackers, Assorted Juice.
<b>FRIDAY</b> <b>14</b>	Raising Mini Bagel, (Cream Cheese) Fresh Banana Natural, Milk.	Turkey Burger, Lettuce & Tomatoes, Baked French Fries, Milk or Juice.	Goldfish Pretzel Crackers, Assorted Yogurt.

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<b>MONDAY</b> <b>17</b>	Kaiser Roll (Butter), Fresh Natural Pear, Milk.	Split Peas, Brown Rice, Chicken Nuggets, Sliced Peach, Milk.	Rice Krispies Treats, Milk.
<b>TUESDAY</b> <b>18</b>	Mini Pancakes, Fresh Natural Orange, Milk.	Spaguetti with Sausage, (Red Sauce & Cheese), Tropical Fruit Salad, Milk.	Ritz Crackers, Apple Sauce Cup.
<b>WEDNESDAY</b> <b>19</b>	Cheese Omelet, Bread Toast, Diced Peaches (cup), Milk.	Beef Tacos, Soft Tortilla, Lettuce & Tomatoes, Cheddar Cheese, Pineapple Tidbits, Milk.	Cheese Crackers, Assorted Juice.
<b>THURSDAY</b> <b>20</b>	Assorted Mini Muffin, Fresh Sliced Apples (Bag), Milk.	“Congri” (Black Beans), Diced Chicken, Mix Vegetables, Milk.	Goldfish Pretzel Crackers, Vanilla Pudding (Sugar Free).
<b>FRIDAY</b> <b>21</b>	Mini Pancakes (Syrup), Fresh Natural Banana, Milk.	Pork Patty on a Bun, Lettuce & Tomatoes, Baked Sweet Potatoes, Milk.	Fresh Sliced Apples (Bag), Chips Assorted.

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<b>MONDAY</b> <b>24</b>	Waffles (Syrup), Fruit Cocktail (Cup), Milk.	Red Beans, Brown Rice, Diced Chicken, Chicken Tenders, Pineapple Tidbits, Milk.	Cheese Stick Strings, Wheat Crackers, Milk.
<b>TUESDAY</b> <b>25</b>	Cinnamon Raising Bagel, (Cream Cheese), Fresh Sliced Apples (Bag).	Brown Rice with Pork in Sauce, Corn, Diced Peach, Milk.	Assorted Mini Muffins, Assorted Juice.
<b>WEDNESDAY</b> <b>26</b>	French Toast Sticks, (Syrup), Diced Peach (Cup), Milk.	Macaroni with Meat, (Sauce and Cheese), Assorted Chips, Milk.	Assorted Cookies, Fruit Sorbet.
<b>THURSDAY</b> <b>27</b>	Cheerios Cereal (GF), Orange Sections (cup), Milk.	Turkey Picadillo, Brown Rice, Ripe Sweet Plantains, Juice.	Goldfish Crackers Apple Sauce (Cup).
<b>FRIDAY</b> <b>28</b>	Kaiser Roll (Butter), Fresh Natural Banana, Milk.	Noodle Soup, White Rice, Sliced Ham, Fruit Cocktail (Cup), Milk.	Goldfish Crackers, Apple Sauce (Cup).