

OCT

2021

Did you know?

Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do – Just get moving!



Daily Selections:

Every Breakfast Entrée comes with Seasonal Fresh Fruit, 100% Fruit Juice, and Low-fat or Non-fat Milk

Every Lunch Entrée comes with the Daily Vegetable(s), Fruit, 100% Fruit Juice, and Low-fat or Non-fat Milk



Questions or Comments?

Sherry Walker
 Director of Operations
 Phone: 404-802-3631

This institution is an equal opportunity provider

Elementary Grab & Go

MENUS



Monday	Tuesday	Wednesday	Thursday	Friday
4 <u>Breakfast</u> Rice Krispies Cereal w/ Animal Crackers <u>Lunch</u> Chicken Salad Sub Fresh Baby Carrots	5 <u>Breakfast</u> Raisin Bran Cereal w/ Animal Crackers <u>Lunch</u> Chicken Nuggets w/ Roll Fresh Celery Sticks	6 <u>Breakfast</u> Cheerios Cereal w/ Animal Crackers <u>Lunch</u> Turkey & Cheese Wrap Fresh Carrots Seasoned Corn	7 <u>Breakfast</u> Blueberry Muffin <u>Lunch</u> Cheeseburger Fresh Broccoli Seasoned Black Beans	1 <u>Breakfast</u> Frosted Mini Wheats Cereal w/ Animal Crackers <u>Lunch</u> Turkey & Cheese Sandwich w/ Crackers Fresh Baby Carrots Seasoned Corn
11 <u>Breakfast</u> Rice Krispies Cereal w/ Animal Crackers <u>Lunch</u> Turkey-Ham & Cheese Wrap Fresh Baby Carrots	12 <u>Breakfast</u> Raisin Bran Cereal w/ Animal Crackers <u>Lunch</u> Cheeseburger Fresh Celery Sticks	13 <u>Breakfast</u> Cheerios Cereal w/ Animal Crackers <u>Lunch</u> Chicken Salad Sub Fresh Carrots Seasoned Corn	14 <u>Breakfast</u> Blueberry Muffin <u>Lunch</u> Baked Chicken Tenders w/ Roll Fresh Broccoli Seasoned Black Beans	8 <u>Breakfast</u> Frosted Mini Wheats Cereal w/ Animal Crackers <u>Lunch</u> Turkey-Ham & Cheese Sandwich Fresh Baby Carrots
18 <u>Breakfast</u> Rice Krispies Cereal w/ Animal Crackers <u>Lunch</u> Chicken Salad Sub Fresh Baby Sub	19 <u>Breakfast</u> Raisin Bran Cereal w/ Animal Crackers <u>Lunch</u> Chicken Nuggets w/ Roll Fresh Celery Sticks	20 <u>Breakfast</u> Cheerios Cereal w/ Animal Crackers <u>Lunch</u> Turkey & Cheese Wrap Fresh Carrots Seasoned Corn	21 <u>Breakfast</u> Blueberry Muffin <u>Lunch</u> Cheeseburger Fresh Broccoli Seasoned Black Beans	15 <u>Breakfast</u> Frosted Mini Wheats Cereal w/ Animal Crackers <u>Lunch</u> Turkey & Cheese Sandwich w/ Crackers Fresh Baby Carrots Seasoned Corn
25 <u>Breakfast</u> Rice Krispies Cereal w/ Animal Crackers <u>Lunch</u> Turkey -Ham & Cheese Wrap Fresh Baby Carrots	26 <u>Breakfast</u> Raisin Bran Cereal w/ Animal Crackers <u>Lunch</u> Cheeseburger Fresh Celery Sticks	27 <u>Breakfast</u> Cheerios Cereal w/ Animal Crackers <u>Lunch</u> Chicken Salad Sub Fresh Carrots Seasoned Corn	28 <u>Breakfast</u> Blueberry Muffin <u>Lunch</u> Baked Chicken Tenders w/ Roll Fresh Broccoli Seasoned Black Beans	22 <u>Breakfast</u> Frosted Mini Wheats Cereal w/ Animal Crackers <u>Lunch</u> Turkey-Ham & Cheese Sandwich w/ Crackers Fresh Baby Carrots Seasoned Corn
29 <u>Breakfast</u> Frosted Mini Wheats Cereal w/ Animal Crackers <u>Lunch</u> Turkey & Cheese Sandwich w/ Crackers Fresh Baby Carrots Seasoned Corn				

Menus are subject to change.

All vegetables are cooked with Vegetable Base

If desired, please request Vegetarian Entrées from the Café before the end of business one school day in advance