

OCTOBER 2021

RiTech & Steam

LUNCH



School Information: All meals are served with Fruits, Vegetables and choice of milk. **All menus are subject to change at any time, we are experiencing high vendor shortages.**



October is National Apple Month. Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month? So far, we have served this year fuji, granny, gala, red delicious, honey crisp, slice and apple sauce!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Sandwich or Cheese Quesadilla **1**

Cool Tropics

Cinnamon Roll Day

Cheese Pizza or Sunbutter & Jelly **4**

Chicken Tenders or Veggie Nuggets **5**

Rice Crispy

Protein Pack Egg Cheese Cracker/Chips Cool Tropics **6**

Garlic Cheese Pull Apart or Big Daddy Stuffed Pizza **7**

Hamburger or Veggie Burger **8**

Frozen Fruit

11

12

13

14

15

No School- Fall Break

Cheese Pizza or Sunbutter & Jelly **18**

Raviolis or Mac & Cheese Corn Fortune Cookie **19**

Protein Pack String Cheese Sunflower seeds Chips/Cracker Cool Tropics **20**

Baked Potato with Sour Cream and Chili & Roll or Garlic Cheese Pull Apart **21**

Chicken Sandwich or Veggie Burger **22**

Frozen Fruit

Pizza or Sunbutter & Jelly **25**

Corn Dog or Nachos Pumpkin Cookie **26**

Protein Pack Turkey Coins Cheese Cubes Chips/Cracker Cool Tropics **27**

Popcorn Chicken Bowl over Mashed Potato with Gravy w/Roll Corn or Green Garden Salad with Sunflower seeds

National Cat Day

Hamburgers or Broccoli Cheese Soup w/Roll **29**

Frozen Fruit