

# October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p><b>*Menu is Subject to Change*</b></p> <p><b>National School Lunch Week</b></p> <p>Go Wild and Celebrate With Us!</p>			<p>1 PBJ w/ Straw Jam/Cheese Stick Turkey Sandwich on Whole Wheat Broccoli Cowboy Beans/Veg Vegetable, Choice Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk 100% Fruit Juice Ranch, Ken's Lite Natural</p>
<p>4 Grape Smucker's PBJ w/Cheese Stick Taco Pocket Broccoli Carroteenies Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>5 Beefy Mac PBJ w/ Straw Jam/Cheese Stick Broccoli Roasted Cheddar Chickpeas Vegetable, Choice Fresh Fruit Choice Goldfish Crackers 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>6 BBQ Rib on a Bun Yogurt and Granola Parfait Carroteenies Jicama Fresh Fruit Choice Strawberries, Frozen, Ind 1% Unflavored Milk FF Chocolate Milk Ranch, Ken's Lite Natural</p>	<p>7 Chicken-n-Noodles PBJ w/ Straw Jam/Cheese Stick Broccoli Carroteenies Vegetable, Choice Fresh Fruit Choice Texas Toast 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>8 Chili Con Carne w/Beans PBJ w/ Straw Jam/Cheese Stick Carroteenies Roasted Cheddar Chickpeas Fresh Fruit Choice Mini Corn Muffin 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>
<p>11 Chicken Nuggets Yog/Cheese/ Muffin Power Pack Broccoli Potato Wedges Fresh Fruit Choice Garlic Breadstick 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk BBQ Sauce Ind Ketchup, Heinz ind</p>	<p>12 PBJ w/ Straw Jam/Cheese Stick Pepperoni Pizza Carroteenies Cucumber Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>13 Cheeseburger on a Bun Hamburger PBJ w/ Straw Jam/Cheese Stick Broccoli Carroteenies Carroteenies Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>14 PBJ w/ Straw Jam/Cheese Stick Turkey Gravy Broccoli Carroteenies Mashed Potatoes Fresh Fruit Choice Whole Wheat Franz Roll 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>15 Ham &amp; Mozz Hoagie PBJ w/ Straw Jam/Cheese Stick Broccoli Carroteenies Cowboy Beans/Veg Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk 100% Fruit Juice Ranch, Ken's Lite Natural</p>
<p>18 PBJ w/ Straw Jam/Cheese Stick Pizza, Tony's, Pepperoni Broccoli Carroteenies Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk 100% Fruit Juice Ranch, Ken's Lite Natural</p>	<p>19 PBJ w/ Straw Jam/Cheese Stick Pulled Pork BBQ on a Bun Carroteenies Garden Salad Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>20 Bean and Cheese Burrito PBJ w/ Straw Jam/Cheese Stick Carroteenies Jicama Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>21 General Tso's Chicken w/Rice PBJ w/ Straw Jam/Cheese Stick Broccoli Roasted Sea Salt Chickpeas Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk</p>	<p>22 Chicken Soft Taco PBJ w/ Straw Jam/Cheese Stick Broccoli Carroteenies Roasted Sea Salt Chickpeas Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>
<p>25 Grape Smucker's PBJ w/Cheese Stick Taco Pocket Broccoli Carroteenies Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>26 Italian Pasta PBJ w/ Straw Jam/Cheese Stick Broccoli Roasted Cheddar Chickpeas Vegetable, Choice Fresh Fruit Choice Texas Toast 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>27 Tuna Croissant Yogurt and Granola Parfait Carroteenies Vegetable, Choice Fresh Fruit Choice 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>28 Chicken-n-Noodles PBJ w/ Straw Jam/Cheese Stick Broccoli Carroteenies Vegetable, Choice Fresh Fruit Choice Texas Toast 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>	<p>29 Chili Con Carne w/Beans PBJ w/ Straw Jam/Cheese Stick Carroteenies Roasted Cheddar Chickpeas Fresh Fruit Choice Mini Corn Muffin 1% Unflavored Milk FF Chocolate Milk Fat Free Unflavored Milk Ranch, Ken's Lite Natural</p>

