

# OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<b>29</b>	<b>30</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<p>**Preschool meal items are in <b>BOLD**</b></p> <p>Preschool meals are all served family style.</p>	<p>Breakfast: <b>Biscuits &amp; Sausage Gravy / Fruit</b></p> <p>Lunch: <b>Au Gratin Potatoes with Diced Ham</b> Steamed Peas <b>Peaches</b> <b>Homemade Dinner Roll</b></p>	<p>Breakfast: <b>Breakfast Pizza / Fruit</b></p> <p>Lunch: <b>Chili Crackers</b> <b>Baby Carrots</b> <b>Pears</b> Cinnamon Roll</p>	<p>Breakfast: <b>Berry Monkey Bread / Fruit</b></p> <p>Lunch: <b>Hot Dog on a Bun</b> <b>French Fries</b> Mixed Greens Salad <b>Juice Slushie</b></p>	<p>Breakfast: <b>Egg &amp; Cheese Burrito / Fruit</b></p> <p>Lunch: <b>Shepard's Pie</b> <b>Steamed Broccoli</b> <b>Banana</b> <b>Bread and Butter</b></p>	<p>Breakfast: <b>Frosted Long John / Fruit</b></p> <p>Lunch: <b>Chicken Ranch Wrap</b> Chips <b>Fresh Vegetables</b> <b>Oranges</b></p>	<p>Daily breakfast option: <b>Cereal</b> <b>Buttered WG Toast</b> Breakfast served with juice and milk</p>
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<p>Breakfast: <b>French Toast w/Syrup / Fruit</b></p> <p>Lunch: <b>Breaded Pork Patty on a Bun</b> Sweet Potato Fries <b>Seasoned Green Beans</b> <b>Apples</b></p>	<p>Breakfast: <b>Breakfast Casserole / Fruit</b></p> <p>Lunch: <b>Walking Taco</b> <b>Refried Beans</b> <b>Red Pepper Strips</b> <b>Peaches</b> Churro</p>	<p>Breakfast: <b>Bagel w/Cream Cheese / Fruit</b></p> <p>Lunch: <b>Creamed Chicken Biscuit</b> <b>Steamed Peas</b> <b>Cinnamon</b> <b>Applesauce</b></p>	<p>Breakfast: <b>Breakfast Sandwich / Fruit</b></p> <p>Lunch: <b>Pizza Cruncher</b> <b>Marinara Sauce</b> <b>Mixed Greens Salad</b> Baby Carrots <b>Blushing Pears</b></p>	<p>Breakfast: <b>Glazed Donut / Fruit</b></p> <p>Lunch: <b>Chicken Strips</b> <b>Ranch Potato Wedges</b> Steamed Broccoli <b>Fruit Cocktail</b></p>	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	<p>Breakfast: <b>Apple Frudel / Fruit</b></p> <p>Lunch: <b>Hamburger Patty on a WG Bun</b> <b>Onion Rings</b> Baby Carrots <b>Grapes</b> Chocolate Chip Cookie</p>	<p>Breakfast: <b>Omelet w/Diced Ham / Fruit</b></p> <p>Lunch: <b>Cowboy Cavatini</b> Steamed Broccoli <b>Baby Carrots</b> <b>Oranges</b> <b>Breadstick</b></p>	<p>Breakfast: <b>Biscuit &amp; Sausage Gravy / Fruit</b></p> <p>Lunch: <b>Crispito</b> <b>Spanish Brown Rice</b> <b>Seasoned Corn</b> <b>Apple Crisp</b></p>	<p>Breakfast: <b>Strawberry Boli / Fruit</b></p> <p>Lunch: <b>BBQ Rib on a Bun</b> <b>Baked Beans</b> Mixed Greens Salad <b>Banana</b></p>	<p>Breakfast: <b>Frosted Donut / Fruit</b></p> <p>Lunch: <b>Beef and Noodles</b> Mashed Potatoes <b>Celery Sticks</b> <b>Peaches</b></p>	
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
	<b>NO SCHOOL</b>	<p>Breakfast: <b>Waffle / Fruit</b></p> <p>Lunch: <b>Chicken Taco</b> Corn Salsa <b>Mixed Greens Salad</b> <b>Pears</b> Churro</p>	<p>Breakfast: <b>Baked Apple</b> <b>Cinnamon Oatmeal / Fruit</b></p> <p>Lunch: <b>Sweet and Sour Chicken</b> <b>Baked Rice Pilaf</b> Sugar Snap Peas <b>Baby Carrots</b> <b>Mandarin Oranges</b></p>	<p>Breakfast: <b>Fruit, Granola, Yogurt Parfait / Fruit</b></p> <p>Lunch: <b>Country Fried Beef Stick</b> <b>Mashed Potatoes</b> <b>Cream Gravy (GF)</b> Baby Carrots <b>Watermelon</b></p>	<p>Breakfast: <b>Cinnamon Roll / Fruit</b></p> <p>Lunch: <b>Grilled Cheese Sandwich</b> Tomato Soup <b>Steamed Broccoli</b> <b>Fruit Cocktail</b> Sno Ball Cookie</p>	
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>		
<p>Menu is subject to change.</p> <p>Daily Milk Choices: 1% White 1% Chocolate</p>	<p>Breakfast: <b>Cherry Frudel / Fruit</b></p> <p>Lunch: <b>Chicken Patty Sandwich</b> Tater Gems (GF) <b>Seasoned Green Beans</b> <b>Rosy Applesauce</b></p>	<p>Breakfast: <b>Ham &amp; Egg Croissant / Fruit</b></p> <p>Lunch: <b>Beef Stroganoff</b> <b>Buttered Noodles</b> <b>Sweet Corn</b> Celery Sticks <b>Peaches</b></p>	<p>Breakfast: <b>Muffin / Fruit</b></p> <p>Lunch: <b>Pepperoni Bubble Pizza</b> Mixed Greens Salad <b>Baby Carrots</b> <b>Oranges</b></p>	<p>Breakfast: <b>Mini Pancakes &amp; Sausage Links / Fruit</b></p> <p>Lunch: <b>Chicken Nuggets</b> <b>Calico Beans</b> <b>Fresh Broccoli</b> <b>Apples</b></p>		<p>Application for Free/Reduced Meals is available at <a href="http://unitedcomets.org/district/nutrition/">unitedcomets.org/district/nutrition/</a> or in the District Office</p>

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. **Ingredients and menu items are subject to change or substitution without notice.** Please consult a medical professional for assistance in planning for or treating medical conditions.

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