

OCTOBER | 2021

ES Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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|----|---|--|--|---|---|
| 27 | | | | | |
| 4 | Chicken Tenders Roasted Potatoes Green Beans Diced Peaches Frozen Sidekick Fresh Fruit Milk | 5 Beef Taco with Queso Salsa, Sour Cream Corn Black Beans Diced Pears Fresh Fruit Milk | 6 Chicken Drumstick Dinner Roll Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk | 7 Baked Ziti Garlic Breadstick Garden Salad Steamed Broccoli Mandarin Oranges Fresh Fruit Milk | 8 French Toast Egg Omelet Salsa Veggie Boat Baked Apples Fresh Fruit Milk |
| 11 | Mini Corn Dogs Mac & Cheese Corn Broccoli with Dip Frozen Sidekick Diced Peaches Milk | 12 Cheeseburger/Hamburger Potato Wedges Baked Beans Diced Pears Fresh Fruit Milk | 13 Sliced Turkey with Gravy Dinner Roll Mashed Potatoes Green Beans Pineapple Tidbits Fresh Fruit Milk | 14 3 or 4 Way Chili Spaghetti Kidney Beans, Onions Shredded Cheese Oyster Crackers Glazed Carrots, Veggie Boat Mandarin Oranges, Fresh Fruit Milk | 15 Wild Mike's Cheese Bites Marinara Sauce Green Beans Garden Salad Applesauce Fresh Fruit Milk |
| 18 | Chicken OR Cheese Quesadilla Salsa, Sour Cream Refried Beans, Corn Frozen Sidekick Diced Peaches Milk | 19 Cheese Coney OR Hot Dog Roasted Potatoes Onions, Shredded Cheese Carrots & Celery with Dip Diced Pears Fresh Fruit Milk | 20 Salisbury Steak Dinner Roll Mashed Potatoes Green Beans Pineapple Tidbits Fresh Fruit Milk | 21 Chicken Nuggets Mac & Cheese Baked Beans Veggie Boat Mandarin Oranges Fresh Fruit Milk | 22 Grilled Cheese Tomato Soup Oyster Crackers Garden Salad Applesauce Fresh Fruit Milk |
| 25 | Chicken Patty on a Bun Baked Beans Waffle Fries Frozen Sidekick, Fresh Fruit Milk | 26 Cheese OR Pepperoni Pizza Carrots with Dip Steamed Broccoli Diced Pears, Fresh Fruit Milk | 27 Spaghetti with Meat Sauce Corn Garden Salad Pineapple Tidbits Fresh Fruit Milk | 28 Confetti Pancakes Sausage Links Smile Fries Veggie Boat Baked Apples Fresh Fruit, Milk | 29 Pizza Crunchers Marinara Sauce Green Beans Garden Salad Applesauce Fresh Fruit Milk |

Alternate Meal Options

Milk and choices of daily fruits and/or vegetables offered with all alternate meal options

- **Hummus Grab n Go**
-Hummus cup, Tostito's chips, cheese stick
- **Turkey Coin and Cheese Lunchable**
-Turkey coins, cheese cubes, Ritz crackers, cheez-its
- **Turkey OR Ham and Cheese Sandwich**
-Turkey OR ham sandwich offered

Meat options not offered on Fridays
*Menu Subject to Change by Product Availability *