

Ready-To-Serve – October Menu 2022

<p>3</p> <p>BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Meatball & Marinara Sub Cool Tropics® Tropical Slushie Baby Carrots w/ Ranch Fresh Apple Slices Ocean Spray Craisins(Secondary only) Assorted Low Fat Milk</p>	<p>4</p> <p>BREAKFAST Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style Chicken Bites* Baked Tostitos Scoops* Seasoned Black Beans RedGold Salsa Cup Strawberry Cup (2 for Secondary) Assorted Low Fat Milk</p>	<p>5</p> <p>BREAKFAST Yogurt w/ Grahams(2) Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH 3 Bean Chili * Cornbread Bowl* Sweet Kernel Corn Baby Carrots w/ Ranch Fresh Red Grapes Applesauce Cup (secondary only) Assorted Low Fat Milk</p>	<p>6</p> <p>BREAKFAST Maple Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Italian Croissant Vegetable Juice Box Cheesy Spinach Bake Fresh Banana Peach Cup(secondary only) Assorted Low Fat Milk</p>	<p>7</p> <p>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Teriyaki Chicken Potstickers w/ Fried Rice and Fortune Cookie Peas & Carrots Zucchini Dippers w/ Ranch Ocean Spray® Craisins (2 for Secondary only) Assorted Low Fat Milk</p>
<p>10</p> <p>BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH BBQ Pulled Chicken Sandwich Steamed Broccoli Baby Carrots w/ Ranch Fresh Apple Slices Ocean Spray Craisins(secondary only) Assorted Low Fat Milk</p>	<p>11</p> <p>BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style Chicken Bites Cheez-It Crackers Seasoned Black Beans Southwestern Corn Strawberry Cup (2 for secondary) Assorted Low Fat Milk</p>	<p>12</p> <p>BREAKFAST Yogurt w/ Grahams(2) Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Chicken & Rotini Alfredo Zucchini Dippers w/Ranch Seasoned Green Beans Fresh Red Grapes Applesauce Cup- (Secondary only) Assorted Low Fat Milk</p>	<p>13</p> <p>BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Baked Fried Chicken Drumstick* Cornbread Muffin* Cheesy Spinach Bake Baby Carrots w/ Ranch Fresh Banana Peach Cup-(secondary only) Assorted Low Fat Milk</p>	<p>14</p> <p>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH General Tso Chicken w/ Fried Rice and Fortune Cookie Veggie Juice Box Zucchini Dippers w/ Ranch Ocean Spray® Craisins (2 for Secondary only) Assorted Low Fat Milk</p>
<p>17</p> <p>NON-STUDENT DAY</p>	<p>18</p> <p>BREAKFAST Mini Blueberry Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Southern Style Chicken Bites* Cheez its® Crackers* Sweet Kernel Corn Zucchini Dipper w/Ranch Strawberry Cup Peach Cup-Secondary only Assorted Low Fat Milk</p>	<p>19</p> <p>BREAKFAST Yogurt w/ Grahams(2) Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Macaroni and Cheese Breadstick(1) Peas and Carrots Baby Carrots w/ Ranch Fresh Red Grapes Applesauce Cup-Secondary only Assorted Low Fat Milk</p>	<p>20</p> <p>BREAKFAST Maple Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Cuban Sandwich Seasoned Black Beans Vegetable Juice Box Fresh Banana Strawberry Apple Crisps- Secondary only Assorted Low Fat Milk</p>	<p>21</p> <p>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Teriyaki Turkey Meatballs w/ Fried Rice and Fortune Cookie Cheesy Garlic & Herb Broccoli Zucchini Dippers w/ Ranch Ocean Spray® Craisins Strawberry Cup-Secondary only Assorted Low Fat Milk</p>

<p>24</p> <p>BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Tuscan Rotini w/ Meatballs Seasoned Green Beans Baby Carrots w/ Ranch Fresh Apple Slices Ocean Spray Craisins- Secondary only Assorted Low Fat Milk</p>	<p>25</p> <p>BREAKFAST Eggo® Mini Confetti Pancakes Buddy Fruit® Cinnamon Applesauce 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Popcorn Chicken * Cheez Its® Crackers* Sweet Kernel Corn Cool Tropics Berry Blue Slushie Peach Cup Strawberry Cup-Secondary only Assorted Low Fat Milk</p>	<p>26</p> <p>BREAKFAST Yogurt w/ Grahams(2) Peach Cup 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Sloppy Joe Sandwich Mashed Potatoes Zucchini Dippers w/Ranch Fresh Red Grapes Applesauce Cup-Secondary only Assorted Low Fat Milk</p>	<p>27</p> <p>BREAKFAST Chocolate Chip Belgian Waffle Fresh Blueberries 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Dry Rub Roasted Chicken* Cornbread Muffin* Garlic and Herb Broccoli Baby Carrots w/ Ranch Fresh Banana Peach Cup-Secondary only Assorted Low Fat Milk</p>	<p>28</p> <p>BREAKFAST Banana Chocolate Chunk Protein Bar Strawberry Apple Crisps 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Sweet & Sour Chicken w/ Yellow Rice and Fortune Cookie BBQ Baked Beans Zucchini Dippers w/ Ranch Ocean Spray® Craisins Strawberry Cup-Secondary only Assorted Low Fat Milk</p>
<p>31</p> <p>BREAKFAST Cocoa Protein Bar Sour Blue Raspberry Raisins 100% Juice White Milk (Low Fat or Skim)</p> <p>LUNCH Meatball & Marinara Sub Cool Tropics® Tropical Slushie Baby Carrots w/ Ranch Fresh Apple Slices Ocean Spray Craisins- Secondary only Assorted Low Fat Milk</p>				

SECONDARY SITES MUST SERVE A SECOND FRUIT AT LUNCH

Updated 09/20/22