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| --- | --- | --- | --- | --- |
| Monday, Sept. 28, 2020 | Tuesday, Sept. 29, 2020 | Wed., Sept.30, 2020 | Thurs., October 1, 2020 | Friday, October 2, 2020 |
| **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** |
| **Bowl of Cereal 2 oz**  **Sliced Bananas 1 cup**  **OVS 1 cup of Apple Juice**  **1 % 8 oz White Milk** | **NO**  **BREAKFAST**  **SERVED** | **French Toast**  **Sticks 2 oz**  **Scrambled Eggs 2 oz Strawberries 1 cup or**  **OVS 1 cup of Apple Juice**  **1 % low fat 8 oz Milk Chocolate or White** | **NO**  **BREAKFAST**  **SERVED** | **Pancakes 2 oz**  **Sausage Links 2 oz**    **Pineapple Smoothie 1 cup Yogurt 2 oz**  **OVS 1 cup Apple Juice**  **1 % low fat 8 oz Milk Chocolate or White** |
| **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** |
| **Tuna Pasta Salad 2oz Crackers 1 ½ cup**  **Corn 1 cup**  **Side Salad 1 cup**  **Halo Oranges 1 cup**  **OVS 1 cup Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** | **Sloppy Joe Sandwich**  **Ground Beef 2 oz**  **bread 2 oz**  **Corn 1 cup**  **Mixed Fruit 1 cup**  **OVS 1 cup Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** | **Chef Salad**  **Chopped Ham 2 oz**  **Sliced Cucumbers ½ cup**  **Carrots 1 ¼ cups**  **Purple Cabbage ½ cup**  **Sliced Boiled Eggs 1 oz**  **Mixed Fruit 1 cup**  **OVS 1 cup Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** | **Chicken Nachos 2 oz**  **Rice ½ oz**  **Black Beans 1 cup**  **Oranges 1 cup**  **OVS 1 cup Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** | **Chicken Nuggets 2 oz**  **French Fries 2 oz**  **Baked Beans 1 ¼ cups**  **Mixed Fruit 1 cup**  **OVS 1 cup Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** |
| Monday, Oct. 5, 2020 | Tuesday, Oct. 6, 2020 | Wed., Oct. 7, 2020 | Thurs., Oct. 8, 2020 | Friday, Oct. 9, 2020 |
| **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** | **Breakfast** |
| **Oatmeal 2 oz**  **Strawberry Yogurt Parfait 1 cup**  **OVS 1 cup of Apple Juice**  **1 % low fat 8 oz Milk Chocolate or White** | **NO**  **BREAKFAST**  **SERVED** | **Waffles 2 oz**  **Scrambled Eggs 1 oz**  **Pineapple ½ cup mixed ½ cup of Yogurt Smoothie**  **OVS 1 cup of Apple Juice**  **1 % low fat 8 oz Milk Chocolate or White** | **NO**  **BREAKFAST**  **SERVED** | **Hot Muffins 2 oz**  **Sausage Links 2 oz**  **Grape Jelly 1 oz**  **Mixed Fruit 1 cup**  **OVS 1 cup of Apple Juice**  **1 % low fat 8 oz Milk Chocolate or White** |
| **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** | **LUNCH** |
| **Hot Dog & Bun 2 oz**  **French Fries 2 oz**  **Baked Beans 1 ¼ cups**  **Mixed Fruit 1 cup**  **OVS 1 cup Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** | **Baked Spaghetti 2 oz**  **Garlic Bread 1 oz**  **Green Beans 1 cup**  **Mixed Fruit 1 cup**  **OVS 1 cup of Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** | **Veggie Lasagna 2oz**  **Dinner Roll 1 cup**  **Veggie Medley 1 cup**  **Side Salad 1 cup**  **OVS 1 cup Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** | **Baked Chicken 2 oz**  **Green Beans 1 cup**  **Yellow Rice 2 oz**  **Muffin 1 ¼**  **Mixed Fruit 1 cup**  **OVS 1 cup Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** | **Meatloaf 2 oz**  **Mash Potatoes w Gravy 2 oz**  **Corn Bread 1 ½ oz**  **Field Peas 1 cup**  **Mixed Fruit 1 cup**  **OVS 1 cup Apple Juice**  **1 % low-fat 8 oz Milk**  **Chocolate or White** |

