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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** |

