

# OCTOBER | 2020

## ES Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28				1 Chicken Nuggets Mac and Cheese Baked Beans Veggie Boat Mandarin Oranges Fresh Fruit Milk	2 Grilled Cheese Tomato Soup Oyster Crackers Garden Salad Applesauce Fresh Fruit Milk
5 Chicken Patty on Bun Baked Beans Waffle Fries Frozen Sidekick Fresh Fruit Milk	6 Cheese OR Pepperoni Pizza Carrots with Dip Steamed Broccoli Diced Pears Fresh Fruit Milk	7 Spaghetti with Meat Sauce Corn Garden Salad Pineapple Tidbits Fresh Fruit Milk	8 Confetti Pancakes Sausage Links Smile Fries Veggie Boat Baked Apples Fresh Fruit Milk	9 Pizza Crunchers Marinara Sauce Green Beans Garden Salad Mandarin Oranges Fresh Fruit Milk	
12 Chicken Tenders Roasted Potatoes Green Beans Diced Peaches Frozen Sidekick Fresh Fruit Milk	13 Beef Taco with Queso Salsa, Sour Cream Corn, Black Beans Diced Pears Fresh Fruit Milk	14 Chicken Drumstick with Dinner Roll Mashed Potatoes Glazed Carrots Pineapple Tidbits Fresh Fruit Milk	15 Baked Ziti with Breadstick Steamed Broccoli Garden Salad Mandarin Oranges Fresh Fruit Milk	16 French Toast Scrambled Eggs Salsa Veggie Boat Baked Apples Fresh Fruit Milk	
19 Mini Corn Dogs Mac & Cheese Corn Broccoli with Dip Frozen Sidekick Diced Peaches Milk	20 Cheeseburger/Hamburger Potato Wedges Baked Beans Diced Pears Fresh Fruit Milk	21 Salisbury Steak Dinner Roll Mashed Potatoes Green Beans Pineapple Tidbits Fresh Fruit Milk	22 3 or 4 Way Chili Spaghetti Kidney Beans, Onions Shredded Cheese, Oyster Crackers Glazed Carrots, Veggie Boat Mandarin Oranges, Fresh Fruit Milk	23 Cheese Bites with Marinara Sauce Green Beans Garden Salad Applesauce Fresh Fruit Milk	
26 Chicken OR Cheese Quesadilla Salsa, Sour Cream Refried Beans, Corn Frozen Sidekick Diced Peaches Milk	27 Hot Dog OR Cheese Coney Roasted Potatoes Onions, Shredded Cheese Carrots/ Celery w/ Dip Diced Pears Fresh Fruit Milk	28 Sliced Turkey with Gravy Dinner Roll Mashed Potatoes Green Beans Pineapple Tidbits Fresh Fruit Milk	29 Chicken Nuggets Mac and Cheese Baked Beans Veggie Boat Mandarin Oranges Fresh Fruit Milk	30 Grilled Cheese Tomato Soup Oyster Crackers Garden Salad Applesauce Fresh Fruit Milk	

### News

#### Alternate Meal Choices -All offered w/ variety of milk choices

- **Hummus Grab n Go**
    - Hummus cup
    - Tostitos chips
    - Cheese stick
    - Carrots and Dip
    - Fruit Cup
  - **Protein Pack**
    - Hard Boiled Egg
    - Cheese stick
    - Jungle Crackers
    - Fruit Cup
    - Carrots and Dip
  - **PB and J Grab n Go**
    - PB and J
    - Cheese stick
    - Goldfish
    - Carrots and Dip
    - Fruit cup
  - **Turkey Coin and Cheese Lunchable**
    - Turkey Coins
    - Cheese Cubes
    - Ritz Cracker
    - Cheez-its
    - Carrots and Dip
    - Fruit Cup
- \*Not offered on Fridays**
- **Chef Salad**
    - Large Salad w/ Turkey OR
    - Hard Boiled Egg
    - Goldfish \*2, Fruit cup
- \*Turkey Option Not Offered on Fridays**