

October 2020

FNS-K-8

FNS-Elementary/Middle Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<ul style="list-style-type: none"> • Breakfast Platter • Breakfast Tornado • Choice of Fruit 	<ul style="list-style-type: none"> • Sausage Biscuit • Pancakes, Mini Blueberry • Choice of Fruit
5	6	7	8	9
<ul style="list-style-type: none"> • Bacon Egg & Cheese Croissant • French Toast Sticks • Choice of Fruit 	<ul style="list-style-type: none"> • Chicken Biscuit • Waffles • Choice of Fruit 	<ul style="list-style-type: none"> • Biscuit, Chicken & Gravy • Yogurt Smoothie & Grahams • Choice of Fruit 	<ul style="list-style-type: none"> • Breakfast Platter • Breakfast Tornado • Choice of Fruit 	<ul style="list-style-type: none"> • Sausage Biscuit • Pancakes, Mini Blueberry • Choice of Fruit
12	13	14	15	16
<ul style="list-style-type: none"> • Bacon Egg & Cheese Croissant • French Toast Sticks • Choice of Fruit 	<ul style="list-style-type: none"> • Chicken Biscuit • Waffles • Choice of Fruit 	<ul style="list-style-type: none"> • Biscuit, Chicken & Gravy • Yogurt Smoothie & Grahams • Choice of Fruit 	<ul style="list-style-type: none"> • Breakfast Platter • Breakfast Tornado • Choice of Fruit 	<ul style="list-style-type: none"> • Sausage Biscuit • Pancakes, Mini Blueberry • Choice of Fruit
19	20	21	22	23
<ul style="list-style-type: none"> • Bacon Egg & Cheese Croissant • French Toast Sticks • Choice of Fruit 	<ul style="list-style-type: none"> • Chicken Biscuit • Waffles • Choice of Fruit 	<ul style="list-style-type: none"> • Biscuit, Chicken & Gravy • Yogurt Smoothie & Grahams • Choice of Fruit 	<ul style="list-style-type: none"> • Breakfast Platter • Breakfast Tornado • Choice of Fruit 	<ul style="list-style-type: none"> • Sausage Biscuit • Pancakes, Mini Blueberry • Choice of Fruit
26	27	28	29	30
<ul style="list-style-type: none"> • Bacon Egg & Cheese Croissant • French Toast Sticks • Choice of Fruit 	<ul style="list-style-type: none"> • Chicken Biscuit • Waffles • Choice of Fruit 	<ul style="list-style-type: none"> • Biscuit, Chicken & Gravy • Yogurt Smoothie & Grahams • Choice of Fruit 	<ul style="list-style-type: none"> • Breakfast Platter • Breakfast Tornado • Choice of Fruit 	<ul style="list-style-type: none"> • Sausage Biscuit • Pancakes, Mini Blueberry • Choice of Fruit

Served Daily at Breakfast: Assorted Cereals, Fresh Baked Muffins, Fresh Fruit, 100% Fruit Juice, 1% White Milk, Fat Free White Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk

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Food & Nutrition

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			<ul style="list-style-type: none"> • Yogurt & Muffin Platter • Soft Tacos w/Lettuce & Cheese • Chicken Mega-Minis w or w/o Crackers • Parmesan Side Salad • Vegetarian Baked Beans • Jello with Whipped Topping 	Week 4 <ul style="list-style-type: none"> • Chef Salad • Corn Dog Nuggets • Deluxe Chicken Sandwich • Carrot Sticks • Crinkle Cut Fries • Apple Juice • Assorted Cookies
5	6	7	8	9
Week 1 <ul style="list-style-type: none"> • Popcorn Chicken Salad • Macaroni & Cheese w or w/o Garlic Breadstick • Deluxe Chicken Sandwich • Assorted Veggie Cup • Vegetarian Baked Beans • Assorted Cookies 	<ul style="list-style-type: none"> • Taco Salad • Teriyaki Chicken with Rice • Corn Dog • Fresh Garden Side Salad • Roasted Garlic Cauliflower • Mini Yogurt Parfait 	<ul style="list-style-type: none"> • Classic Chicken Caesar Salad • Saucy Rotini w/Meatballs • Chicken Tenders w or w/o Crackers • Spinach Bacon Side Salad • Roasted Potatoes • Orange Juice • Mini Chocolate Pudding with Whipped Topping 	<ul style="list-style-type: none"> • Yogurt & Muffin Platter • Chicken Mega-Minis w or w/o Crackers • Nachos Supreme • Parmesan Side Salad • Mixed Vegetables • Jello with Whipped Topping 	Week 1 <ul style="list-style-type: none"> • Chef Salad • Deluxe Chicken Sandwich • Pizza Crunchers with Marinara Sauce • Carrot Sticks • Potato Smiles • Apple Juice • Assorted Cookies
12	13	14	15	16
Week 2 <ul style="list-style-type: none"> • Popcorn Chicken Salad • Deluxe Chicken Sandwich • Bacon Cheeseburger • Assorted Veggie Cup • Green Beans • Assorted Cookies 	<ul style="list-style-type: none"> • Taco Salad • Tortellini and Meat Sauce w or w/o Garlic Breadstick • Chicken Mega-Minis w or w/o Crackers • Fresh Garden Side Salad • Coleslaw • Mini Yogurt Parfait 	<ul style="list-style-type: none"> • Classic Chicken Caesar Salad • Popcorn Chicken Bowl w or w/o Crackers • Cheesy Garlic French Bread w/Marinara • Spinach Bacon Side Salad • Steamed Garlic Broccoli • Orange Juice • Mini Chocolate Pudding with Whipped Topping 	<ul style="list-style-type: none"> • Yogurt & Muffin Platter • Orange Chicken with Rice • Fiestada Pizza • Parmesan Side Salad • Whipped Potatoes • Jello with Whipped Topping 	Week 2 <ul style="list-style-type: none"> • Chef Salad • Doritos Walking Taco • Deluxe Chicken Sandwich • Carrot Sticks • Fiesta Black Beans • Apple Juice • Assorted Cookies
19	20	21	22	23
Week 3 <ul style="list-style-type: none"> • Popcorn Chicken Salad • Deluxe Chicken Sandwich • Hot Dog on Bun • Assorted Veggie Cup • Potato Smiles • Assorted Cookies 	<ul style="list-style-type: none"> • Taco Salad • Chicken Mega-Minis w or w/o Crackers • 100% All Beef Cheeseburger • Fresh Garden Side Salad • Golden Corn • Mini Yogurt Parfait 	<ul style="list-style-type: none"> • Classic Chicken Caesar Salad • Nachos Supreme • Chicken Tenders w or w/o Crackers • Spinach Bacon Side Salad • Fiesta Black Beans • Orange Juice • Mini Chocolate Pudding with Whipped Topping 	<ul style="list-style-type: none"> • Yogurt & Muffin Platter • Chicken Mega-Minis w or w/o Crackers • BBQ Rib Sandwich • Parmesan Side Salad • Glazed Carrots • Jello with Whipped Topping 	Week 3 <ul style="list-style-type: none"> • Chef Salad • Macaroni & Cheese with Meatballs w or w/o Garlic Breadstick • Deluxe Chicken Sandwich • Carrot Sticks • Green Beans • Apple Juice • Assorted Cookies
26	27	28	29	30
Week 4 <ul style="list-style-type: none"> • Popcorn Chicken Salad • Meatball Sub • Chicken & Waffles • Assorted Veggie Cup • Golden Corn • Assorted Cookies 	<ul style="list-style-type: none"> • Taco Salad • Chicken Mega-Minis w or w/o Crackers • Cheese Sticks with Marinara • Fresh Garden Side Salad • Whipped Potatoes • Mini Yogurt Parfait 	<ul style="list-style-type: none"> • Classic Chicken Caesar Salad • Homemade Baked Ziti w or w/o Garlic Breadstick • Chicken Tenders w or w/o Crackers • Spinach Bacon Side Salad • Roasted California Blend • Orange Juice • Mini Chocolate Pudding with Whipped Topping 	<ul style="list-style-type: none"> • Yogurt & Muffin Platter • Soft Tacos w/Lettuce & Cheese • Chicken Mega-Minis w or w/o Crackers • Parmesan Side Salad • Vegetarian Baked Beans • Jello with Whipped Topping 	Week 4 <ul style="list-style-type: none"> • Chef Salad • Corn Dog Nuggets • Deluxe Chicken Sandwich • Carrot Sticks • Crinkle Cut Fries • Apple Juice • Assorted Cookies

Pizza, PBJ and Hot Ham & Cheese Sandwich Available Daily!

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