

October Menu 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Dominos Cheese Pizza; Tossed Salad with Ranch; Banana.
4 Hot Dog on Roll; Ketchup, Mustard on the side; Baked Beans; Applesauce.	5 Turkey & Cheese Sandwich; Mayo, Mustard on the side; Veggie Straws; Apple.	6 Nachos & Cheese; Cucumbers with ranch; Oranges.	7 Chilli Soup; Goldfish Crackers; Tossed Salad with Ranch; Mandarin Oranges.	8 PBJ with Goldfish Crackers; Baby Carrots with Ranch; Mix Fruit Cup. Early Dismissal
11 No School	12 Ham and Cheese Sandwich; Mayo on the side; Corn; Fresh Apples.	13 Macaroni & Cheese; Broccoli with Ranch; Applesauce.	14 PBJ with Goldfish Crackers; Baby Carrots with Ranch; Mix Fruit Cup.	15 Dominos Cheese Pizza; Tossed Salad with Ranch; Banana.
18 Hot Dog on Roll; Ketchup, Mustard on the side; Baked Beans; Applesauce.	19 Turkey & Cheese Sandwich; Mayo, Mustard on the side; Veggie Straws; Apple.	20 Meatball Sub; Cheese; Celery Sticks with Ranch; Peaches.	21 Chicken Noodle Soup with Crackers; Baby carrots with Ranch on the side; Mandarin oranges.	22 Dominos Cheese Pizza; Tossed Salad with Ranch; Banana.
25 Walking Taco; Lettuce, Salsa, Cheese; Peaches.	26 Ham and Cheese Sandwich; Mayo on the side; Corn; Asian Pear.	27 Macaroni & Cheese; Broccoli with Ranch; Applesauce.	28 PBJ with Goldfish Crackers; Baby Carrots with Ranch; Mix Fruit Cup.	29 Dominos Cheese Pizza; Tossed Salad with Ranch; Banana.

All Lunches come with a choice of white or chocolate milk.
Ala Carte Milk/ Juice \$0.55 each is not included in the free meal program.



October Breakfast Menu Choices

1st Choice: 1 Cereal Choice Daily:

Cheerios

Rice Chex

Rice Crispy

or

2nd Choice: 1 Large Hard-Boiled Egg and 1 String Cheese

Every Breakfast comes with Fruit & Milk.

Milk Choice: Low fat White or Low-fat Chocolate

Ala Carte Milk/ Juice \$0.55 each is not included in the free meal program.

School Menu Ingredients

Ingredients are added following the Month Menu.

McCleafs Farm Biglerville (Fresh Apples, Peaches, Bartlett Pears, Asian Pears)

Dominos Pizza (Domino's Pizza)

Hot Dog (Kunzler Grill Franks)

Rolls for Dogs and Sandwiches (Stroehmann)

Baked Beans (Bush's Original)

Applesauce (Members Mark & Zee Zee)

Turkey (Oscar Meyer)

Garden Veggie Straws

Nacho Cheese (Members Mark)

Nacho Chips (Ole Tri-Color or Members Mark)

Chili soup (Hanover kidney Beans, Hunts Tomato Paste, Hunts Tomato Sauce, Hunts Diced Tomatoes, Green Peppers, Onions, Chili Powder, Cumin, Beef Broth, Ground Beef & Ground Turkey, Bay Leaves)

Chicken noodle soup (Sams Club Organic Bone Broth, Celery, Carrots, Parsley, Chicken White, and Dark Meat, Extra-Wide Egg Noodles)

Macaroni & Cheese (Butter, Flour, 2% White Milk, Velveeta Cheese, Whole Grain Elbow Macaroni)

Goldfish Crackers (Pepperidge Farms Whole Grain)

PBJ Uncrustable (Welch's or Smuckers)

Mandarin Oranges (Members Mark)

Peaches (Members Mark, Fresh Peaches McCleaf's Farm)

Ham & Cheese (Members Mark Ham, Glenview Farms White American)

Meatball sub (Tia Maria Marinara Sauce, Members Mark Turkey or Beef Meatballs, Shredded Provolone Members Mark)

Walking Taco (Ground Beef & Turkey, Fritos, Lettuce, Chi-Chi Salsa, Shredded Monterey Jack Cheddar Cheese Members Mark, Low Sodium Taco Seasoning Elpaso)

String Cheese (Frigo)

Hard-Boiled Eggs (Glenview Farms)

Rice Chex Cereal (General Mills)

Cheerios (General Mills)

Rice Krispie Cereal (kelloggs)

Corn & Green Beans (Del Monte)