

# October 2020



# Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> 	<b>29</b> 	<b>30</b> 	<b>1</b> Meatloaf ●●●● Mashed Potatoes Fruit Cocktail WG Bread ● Condiment: Ketchup	<b>2</b> Spaghetti w/Meatsauce ●● Romaine Salad w/ Cucumber, Tomato Mandarin Oranges Condiment: LF Ranch Dressing
<b>5</b> NO SCHOOL	<b>6</b> WG Penne Alfredo ●●●● w/Chicken Steamed Baby Carrots Pineapple	<b>7</b> Hamburger ●● Oven Baked Tater Tots Apple Condiments: Ketchup & Mustard	<b>8</b> Chicken Stir Fry ●●● 5 Way Veggies Mandarin Oranges Brown Rice	<b>9</b> WG Pasta w/Meatsauce ●●●● Roasted Broccoli Tropical Mixed Fruit
<b>12</b> Chicken Nuggets ●●● Peas & Carrots Peaches WG Roll ●● Condiment: BBQ Packet	<b>13</b> WG Chicken Mash Bowl ●●●● Mash Potatoes Tropical Mixed Fruit WG Roll ●●	<b>14</b> WG Meat Lasagna ●●●● Steamed Broccoli Orange Slices 	<b>15</b> Beef Hot Dog ●●● Carrot Sticks Honeydew Melon Condiments: Ketchup & Mustard	<b>16</b> 2 Grilled Chicken Sliders ●● Baked Beans Cantaloupe Condiment: mustard
<b>19</b> Oven Fried Chicken ● Mashed Potatoes Mandarin Oranges WG Bread Condiment: butter	<b>20</b> Mac & Cheese ●●●● Chicken Green Beans Applesauce	<b>21</b> Hamburger ●●● Baked Beans Honeydew Melon Condiments: ketchup & mustard	<b>22</b> Baked Chicken Roasted Sweet Potatoes Pears Cornbread ●●●● Condiment: butter	<b>23</b> WG Pizza Dippers ●●● Romaine Salad-Tomato, Carrots Watermelon Condiments: Marinara Sauce Ranch Dressing
<b>26</b> Chicken Nuggets ●●● Steamed Broccoli Applesauce Condiments: BBQ Sauce	<b>27</b> Taco Pie ●●●● Corn Peaches Condiments: Salsa 	<b>28</b> WG Chicken Alfredo ●●●● Green Beans Honeydew Melon	<b>29</b> Beef Hot Dog ●●● Carrot Sticks Mandarin Oranges Condiments: ketchup & mustard	<b>30</b> NO SCHOOL 1% White or Fat Free Chocolate Milk served with all meals

**betterlunch**  
 REAL, DELICIOUS LUNCHES MADE FRESH

**ALLERGENS:**

- Contains Soy
- Contains Egg
- Contains Milk
- Contains Wheat/Gluten

The list of ingredients used in food preparation is available upon request from Better Lunch. Please contact **Anna Arenas** at [anna@mybetterlunch.com](mailto:anna@mybetterlunch.com) if you wish to receive the list of ingredients.

\*Menu may change due to availability and holidays. Fruits and Veggies may change without notice as we want to serve the freshest items possible!

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# Breakfast Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 	29 	30 	1 Mini Wheats Cereal • Apple	2 WG English Muffin ••• Banana Condiment: Butter & Jam
5 NO SCHOOL	6 Blueberry Muffin ••• Applesauce Juice	7 WG Bread ••• Cantaloupe Juice Condiment: Jelly	8 WW Biscuit ••• Peaches Juice Condiment: Butter	9 Life Cereal Banana
12 WG Bagel Pineapple Juice Condiment: Cream Cheese	13 WG Cheerios • Pears Juice	14 Apple Cinnamon Muffin •••• Fruit Cocktail Juice	15 WG Bread •••• Banana Condiment: sunbutter	16 Mini Wheats Cereal • Applesauce Juice
19 Rice Krispies Pineapple Juice	20 WG Cinnamon Raisin Bagel •••• Pears Juice Condiment: Cream Cheese	21 WG Cheerios • Peaches Juice	22 WG Bread •••• Banana Condiment: Sunbutter	23 Blueberry Muffin ••• Applesauce
26 Rice Krispies Pineapple Juice	27 2 Mini Bagels ••• Pears Juice Condiment: Cream Cheese	28 WG Bread •••• Banana Condiment: Sunbutter	29 WG English Muffin •••• Peaches Juice Condiment: Butter & Jam	30 NO SCHOOL 1% White or Fat Free Chocolate Milk served with all meals

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