

OCTOBER MENU 2020



Meals Come with Milk
And Fruit & Vegetable



GLUTEN FREE 
Vegetarian 

MENU SUBJECT TO CHANGE

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MONDAY	10/5 Homemade Banana Chocolate Chip Muffins Teriyaki Beef Dippers w/ Rice or Entrée Salad 	10/12 Belgian Waffles 	10/19 House Baked Muffin 	10/26 Banana Chunk Bar 
	10/6 Cereal w/ Grahams 	10/13 Concha Bread 	10/20 Cereal w/ Grahams 	10/27 Croissant w/Jam 
TUESDAY	Bosco Sticks w/ Marinara or Entrée Salad 	Chicken Poppers w/ Fries or Entree Salad	Mandarin Chicken w/Rice or Vegetarian Salad 	Cheese Pizza or Peperoni Pizza Treat- 
	10/7 Maple Mini Pancake 	10/14 Cinnamon Bread 	10/21 Concha Bread 	10/28 Cinnamon Bread 
WEDNESDAY	BBQ Pork Sliders or Entrée Salad	Teriyaki Chicken w/ Rice or Entree Salad Fortune Cookie	French Bread Cheese Pizza or Pepperoni Pizza	Beef Nachos  or Bean Nachos 
	10/8 Turkey Sausage/Cheese Breakfast Burrito Personal Pan Cheese Pizza or Entrée Salad 	10/15 French Toast Sticks 	10/22 Mini Cinni's 	10/29 Scone 
THURSDAY	10/9 Cocoa Bread 	10/16 Cereal w/ Grahams	10/23 Cocoa Bread 	10/30 Mini Pancake wrapped Sausages Mini Corndogs or Hummus & String Cheese Sunflower Seeds and Crackers 
	Golden Baked Chicken w/Roll or Entrée Salad	Beef Nachos  or Entrée Salad	Cheeseburger or Hamburger or Grilled Cheese 	

This institution is an equal opportunity provider.

Find menus at <https://smusd.yummy.com>