




# October 2020 Breakfast and Lunch-A Day



MONDAY Hot Meal	TUESDAY Hot Meal	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Cereal And 100% fruit juice Served daily for breakfast</b></p>	<p><b>CONDIMENTS + carbs K-ketchup 2pkts-2 T-tarter sauce 2pkts-2 PR-pickle relish 2pts-2 P-dill pickles 6slices-0 M-mustard 2pkts-0 BBQ-sauce cup-10</b></p>	<p>Adult B-fast\$1.80 Lunch-\$2.70</p> <p>White sacks – breakfast Brown sacks - lunch</p>	<p>B-Ham &amp; biscuit, mixed fruit</p> <p>L-Peanut butter &amp; jelly sandwich-45 Carrot sticks-8 Mandarin oranges-20 1</p>	<p>B-Yogurt, applesauce</p> <p>L-Cheese stick-15 marinara sauce-2 Celery stick-2 peanut butter cup-7 Pineapples-17 2</p>
<p>B-Fruit muffin, pineapples</p> <p>L-Corn dog-27 baked beans-15 Sweet peas-15 Peaches-15 Apple oatmeal crisp-31 5 <b>K</b></p>	<p>B-Pancakes w/syrup, peaches</p> <p>L-Beef &amp; cheese ravioli-36 Corn chips-16 hummus-21 Steamed carrots slices-2 Pears-20 6</p>	<p>B-Fruit grain bar, pears</p> <p>L-Turkey deli sandwich-27.4 Cheese slices-0 Fresh broccoli florets-5 ranch cup-11 Mixed fruit-15 7 <b>K, M</b></p>	<p>B-Ham &amp; biscuits, mixed fruit</p> <p>L-Peanut butter &amp; jelly sandwich-45 Carrot sticks-8 Mandarin oranges-20 8</p>	<p>B-Yogurt, applesauce</p> <p>L-Stuff pizza sandwich-22 Celery sticks-2 peanut butter cup-7 Pineapples-17 9</p>
<p> NO SCHOOL 12</p>	<p>B-Maple waffles, peaches</p> <p>L-Chicken Alfredo-30 Garlic bread-15 Mashed potatoes-10 gravy-6 Pears-20 13</p>	<p>B-Fruit grain bar, pears</p> <p>L-Ham sandwich-27.4 Cheese slices-0 Fresh broccoli florets-5 ranch cup-11 Mixed fruit-15 14 <b>K, M</b></p>	<p>B-Ham &amp; biscuits, mixed fruit</p> <p>L-Peanut butter &amp; jelly sandwich-45 Carrot sticks-8 Mandarin oranges-20 15</p>	<p>B-Yogurt, applesauce</p> <p>L-Pretzel pizza stick-26 Celery stick-2 peanut butter cup-7 Pineapples-17 16</p>
<p>B-Fruit muffin, pineapples</p> <p>L-Cheese pizza-32 Potato rounds-21 Steamed mixed vegetables-15 Peaches-15 19 <b>K</b></p>	<p>B-, Maple sausage stick, peaches</p> <p>L-Cheese quesadilla-22 salsa-2 Red beans &amp; rice-52 Banana-20 20</p>	<p>B-Fruit grain bar, pears</p> <p>L-Ham sandwich-27.4 Cheese slices-0 Fresh broccoli florets-5 ranch cup-11 Mixed fruit-15 21 <b>K, M</b></p>	<p>B-Ham &amp; biscuit, mixed fruit</p> <p>L-Peanut butter &amp; jelly sandwich-45 Carrot sticks-8 Mandarin oranges-20 22</p>	<p>B-Yogurt, applesauce</p> <p>L-Pepperoni cheese stick-34 Celery sticks-2 peanut butter cup-7 Pineapples-17 23</p>
<p>B-Fruit muffin, pineapple</p> <p>L-BBq shredded pork-10 bun-26.47 Oven fries-21 Sweet peas-15 Peaches-15 26 Blueberry oatmeal crisp-31 <b>K</b></p>	<p>B-Pancakes w/syrup, peaches</p> <p>L-Country fried steak-52 Dinner roll-23 Mashed potatoes-10 gravy-6 Pears-20 27</p>	<p>B-Fruit grain bar, pears</p> <p>L-Ham sandwich-25 Cheese slices-0 Fresh broccoli florets-5 ranch cup-11 Mixed fruit-15 28 <b>K, M</b></p>	<p>B-Ham &amp; biscuits, mixed fruit</p> <p>L-Peanut butter &amp; jelly sandwich-45 Carrot sticks-8 Fresh oranges-20 29</p>	<p>B-Yogurt, applesauce</p> <p>L- Beef &amp; bean burrito-35 salsa-2 Celery stick-2 peanut butter cup-7 Pineapples-17 30</p>

= Carbohydrates \*1% Milk-White-11\*, F. F. Milk-Chocolate-24\* Is included with all meals made at the school Ms. Davis 309-698-3604 or [mdavis@cc76.k12.il.us](mailto:mdavis@cc76.k12.il.us) if you have any questions.