





October 2020 Breakfast and Lunch-B Day



MONDAY	TUESDAY	WEDNESDAY	THURSDAY Hot Meal	FRIDAY Hot Meal
<p>Cereal And 100% fruit juice Served daily for breakfast</p>	<p>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</p>	<p>Adult B-fast\$1.80 Lunch-\$2.70</p> <p>White sacks – breakfast Brown sacks - lunch</p>	<p>B-Ham & biscuit, mixed fruit</p> <p>L-Beef & cheese ravioli-36 Corn chips-16 hummus-21 Steamed carrot slices-2 Mandarin oranges-20 1</p>	<p>B-Yogurt, applesauce</p> <p>L-BBq chicken-10 bun-26.47 Sweet peas-15 Pineapples-17 2</p>
<p>B-Fruit muffin, pineapples</p> <p>L-Stuffed pizza sandwich-15 Celery sticks-2 peanut butter cup-7 Peaches-15</p> <p>5</p>	<p>B-Pancakes w/syrup, peaches</p> <p>L-Peanut butter & jelly sandwich-45 Carrot sticks-8 Pears-20</p> <p>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</p> <p>7 K, M</p>	<p>B-Ham & biscuits, mixed fruit</p> <p>L-Chicken alfredo-20 Garlic bread-15 Mashed potatoes-10 gravy-6 Mandarin oranges-20 Apple oatmeal crisp-31 8</p>	<p>B-Yogurt, applesauce</p> <p>L-Corn dog-27 Baked beans-15 Sweet peas-15 Pineapples-17</p> <p>9 K, M</p>
<p> NO SCHOOL</p> <p>12</p>	<p>B-Maple waffles, peaches</p> <p>L-Peanut butter & jelly sandwich-45 Carrot sticks-8 Pears-20</p> <p>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</p> <p>14 K, M</p>	<p>B-Ham & biscuits, mixed fruit</p> <p>L-Cheese quesadilla-22 salsa-2 Red beans and rice-52 Mandarin oranges-20</p> <p>15</p>	<p>B-Yogurt, applesauce</p> <p>L-Cheese pizza-32 Potato rounds-21 Steamed mixed vegetables-15 Pineapples-17 16</p>
<p>B-Fruit muffin, pineapples</p> <p>L-Pretzel pizza stick-23 Celery sticks-2 peanut butter cup-7 Peaches-15 19 K</p>	<p>B-, Maple sausage stick, peaches</p> <p>L-Peanut butter & jelly sandwich-45 Carrot sticks-8 Banana-20</p> <p>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</p> <p>21 K, M</p>	<p>B-Ham & biscuit, mixed fruit</p> <p>L-Country fried steak-52 Dinner roll-23 Mashed potatoes-10 gravy-6 Mandarin oranges-20 22 Blueberry oatmeal crisp-31</p>	<p>B-Yogurt, applesauce</p> <p>L-BBq shredded pork-0 bun-26.47 Sweet peas-15 Pineapples-17</p> <p>23</p>
<p>B-Fruit muffin, pineapple</p> <p>L-Pepperoni cheese stick-34 Celery sticks-2 peanut butter cup-7 Peaches-15</p> <p>26</p>	<p>B-Pancakes w/syrup, peaches</p> <p>L-Peanut butter & jelly sandwich-45 Carrot sticks-8 Pears-20</p> <p>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</p> <p>28 K, M</p>	<p>B-Ham & biscuits, mixed fruit</p> <p>L-Chicken teriyaki dippers-8 Green beans-7 Fresh oranges-20</p> <p>29</p> 	<p>B-Yogurt, applesauce</p> <p>L- Beef & bean burrito-35 salsa-2 Spanish rice-44 Sweet peas-15 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 if you have any questions.