



# October 2020 Contract

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SPV – Grape Tomatoes</b> 5 Chicken Fried Steak on A WG Bun  Or- Ham & Cheese Hoagie  Or- Yogurt & Cheese Stick with a WG Soft Pretzel California Blend Vegetables Mixed Fruit	6 Herb Roasted Chicken with Pasta & Ciabatta Roll WG Or- Southwest Chicken Wrap Or- Yogurt & Cheese Stick with WG Garlic Bread Steamed Broccoli Peaches	7 Crispy Chicken Tenders with a WG Soft Pretzel Or- Chicken Salad Croissant Or- Yogurt & Cheese Stick with a WG Soft Pretzel Sweet Potato Waffle Fries Chilled Pears	8 BBQ Pulled Pork on a Bun  Or- Turkey & Cheese Hoagie Or- Yogurt & Sunflower Seeds with Assorted WG Bread Jazz'd Crinkle French Fries Banana	9 Cheesy Nachos Or- Buffalo Chicken Wrap Or- Yogurt & Cheese Stick with Assorted WG Bread Refried Beans Fresh Apple <b>Farm to School</b>
<b>SPV – Baby Carrots</b> 12 Pancakes & Sausage Links  Or- Roast Beef & Cheese Hoagie  <b>SCHOOL LUNCH WEEK</b> Or- Yogurt & Cheese Stick with Assorted WG Bread Tater Tots  Blueberries	13 Macaroni & Cheese with a WG Soft Pretzel Or- Turkey BLT Wrap  Or- Yogurt & Cheese Stick a WG Soft Pretzel Seasoned Green Beans Strawberries	14 Pizza Hut Pizza Or- Tuna Salad Croissant Or- Yogurt & Cheese Stick with Assorted WG Bread Romaine Salad with Croutons Chilled Pears	15 Chicken Nuggets with WG Garlic Bread Or- Italian Hoagie  Or- Yogurt & Sunflower Seeds with WG Garlic Bread Baked Beans Orange Wedges	16 Sausage Cheese Biscuit Or- Crispy Chicken Wrap Or- Yogurt & Cheese Stick with a Fluffy Biscuit Glazed Carrots Fresh Apple <b>Farm to School</b>
<b>SPV – Grape Tomatoes</b> 19 Sweet & Sour Popcorn Chicken with Brown Rice Or- Ham & Cheese Hoagie  Or- Yogurt & Cheese Stick with Assorted WG Bread Asian Vegetables Mandarin Oranges Fortune Cookie	20 Cheeseburger on WG Bun  Or- Southwest Chicken Wrap Or- Yogurt & Cheese Stick with a WG Soft Pretzel Cowboy Beans Banana	21 Baked Rotini Pasta with Meat Sauce and a WG Ciabatta Roll  Or- Chicken Salad Croissant Or- Yogurt & Cheese Stick with a WG Ciabatta Roll Steamed Broccoli Mixed Fruit	22 Grilled Cheese Or- Turkey & Cheese Hoagie Or- Yogurt & Sunflower Seeds with a WG Soft Pretzel Garden Peas Chilled Peaches	23 Breakfast Pizza  Or- Buffalo Chicken Wrap Or- Yogurt & Cheese Stick with Assorted WG Bread Breakfast Yams Fresh Apple <b>Farm to School</b>
<b>SPV – Baby Carrots</b> 26 Crispy Chicken Sandwich on a WG Bun Or - Roast Beef & Cheese Hoagie  Or- Yogurt & Cheese Stick with Assorted WG Bread Sweet Potato Tots Blueberries	<b>Taco Tuesday</b> 27 Beef Soft Shell Taco with a Lettuce & Cheese Cup  Or- Turkey BLT Wrap  Or- Yogurt & Cheese Stick with a WG Soft Pretzel Chili Beans Pineapple Tidbits	28 Pizza Hut Pizza Or-  Spicy Thai Chicken Wrap Or- Yogurt & Cheese Stick with Assorted WG Bread Romaine Salad Chilled Pears	29 Big Ol' Meatball with WG Garlic Bread  Or- Crispy Chicken Wrap Or- Yogurt & Sunflower Seeds with WG Garlic Bread Roasted Zucchini Fresh Apple <b>Farm to School</b>	30 Monster Bowl w/Popcorn Chicken Or- Italian Hoagie  Or- Yogurt & Cheese Stick with Assorted WG Bread Mashed Potatoes w/Gravy Strawberries Harvest Cookie 
<b>SPV – Grape Tomatoes</b> 2 Breaded Mozzarella Sticks with Pizza Sauce Or- Ham & Cheese Hoagie  Or- Yogurt & Cheese Stick with a WG Ciabatta Roll Baby Carrots Chilled Peaches	3 Pig in a Blanket  Or- Southwest Chicken Wrap Or- Yogurt & Cheese Stick with a WG Soft Pretzel Steamed Broccoli Chilled Pears	4 Sloppy Joe on a WG Bun  Or- Chicken Salad Croissant Or- Yogurt & Cheese Stick with Assorted WG Bread Baked Beans Banana	5 Arroz Con Pollo (Chicken & Rice) Or- Turkey & Cheese Hoagie Or- Yogurt & Sunflower Seeds w/Assorted WG Bread Corn Mixed Fruit	6 Roasted Chicken Leg with WG Garlic Bread Or- Buffalo Chicken Wrap Or- Yogurt & Cheese Stick with WG Garlic Bread Iceberg Salad Orange Wedges

8 oz. nonfat flavored or 1% unflavored milk served daily. Menus subject to change.  Denotes PORK in main entrée.  Denotes BEEF in product

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