



OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
			Yogurt Sunflower Seeds Graham Crackers ¹	PBJ Sandwich ² Cheese Stick Graham Crackers
Chicken Patty Sandwich ⁵	Corn Dog ⁶	Chicken Nuggets Roll ⁷	Grilled Cheese Sandwich ⁸	Pizza Crunchers ⁹
Burrito ¹²	Rib Sandwich w/ Chips ¹³	Chicken Nuggets Roll ¹⁴	Hamburger Tater Tots ¹⁵	Mozzarella Sticks ¹⁶
Breadsticks w/ Marinara Sauce ¹⁹	Beef Taco Stick ²⁰	Chicken Nuggets Roll ²¹	Nacho Supreme w/ Tortilla Chips Cheese Cup ²²	Galaxy Pizza ²³
Chicken Tenders Roll ²⁶	Mini Cheeseburgers ²⁷	Chicken Nuggets Holiday Cookie ²⁸	Teriyaki Dippers w/ Rice ²⁹	Cheese/ Pepperoni Pizza ³⁰

Harvest of the
MONTH



Did you know....

- Pumpkins are grown everywhere except Antarctica.
- There are more than 45 pumpkin varieties!
- Every single part of a pumpkin is edible.
- Pumpkin contains two types of fiber: soluble and insoluble.
- The fiber in pumpkin supports healthy digestion.

Fresh and/ or canned Fruit and Vegetables are available every day.

A variety choice of white or chocolate milk is offered.

The USDA and the CDE are Equal opportunity providers and employers.

Menu is subject to change.