

# October 2020



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p>Hot breakfast or a "grab and go" option will be available daily: frudels, mini cini, bagels, poptarts, &amp; cereal</p>	<p>Like us on Facebook: Raptor Nutrition</p>	<p>October 12-16 Is National School Lunch week. Theme is: "now playing school lunch"</p>	<p>1 pancake on a stick  Chicken Noodle soup, crackers, carrots</p>	<p>2 omelets  Pizza crunchers, broccoli, breadstick</p>
<p>5 biscuits and gravy  Pretzel sticks Seasoned potato cubes, corn</p>	<p>6 waffles  Crispito, refried beans</p>	<p>7 donuts  Lasagna, breadstick, mixed veggies</p>	<p>8 breakfast pizza  Calzone, breadstick, broccoli</p>	<p>9 scrambled eggs  Chicken burritos, Spanish rice, black bean and corn salsa</p>
<p>12 No school Professional Development</p>	<p>13 French toast  "Cloudy with a chance of Meatballs" sub, carrots, macaroni salad</p>	<p>14 breakfast sandwich  "Funny" Franks, "Scary" fries, "action" macaroni /cheese</p>	<p>15 pancake on a stick  Lady and the Tramp Spaghetti, green beans, breadstick</p>	<p>16 omelets  "Aladdin" cheese bread Waffle fries, spinach</p>
<p>19 biscuits and gravy  Chicken strips, spinach,</p>	<p>20 waffles  Cheeseburger on a bun, steak fries, mixed veggies</p>	<p>21 donuts  Chili, cinnamon roll, crackers</p>	<p>22 breakfast pizza  Pulled pork sandwich, sweet potato puffs, coleslaw</p>	<p>23 Scrambled eggs  Pork tenderloin, mashed potatoes w/country gravy, dinner roll</p>
<p>26 French toast  Popcorn chicken, tri tator, Normandy veggies</p>	<p>27 pancake on a stick  Chicken alfredo, broccoli, breadstick</p>	<p>28 breakfast sandwich  Walking taco Refried beans</p>	<p>29 omelets  Fish sticks, macaroni and cheese, carrots</p>	<p>30 biscuits and gravy  Pizza, breadstick, corn</p>
<p>Fresh/canned fruit and 100% fruit juice will be offered daily with breakfast</p>	<p>Fruit and vegetable bar will be offered daily with lunch</p>	<p>Skim white and chocolate milk offered with both meals</p>	<p>We are an equal opportunity provider and employer</p>	<p>Menu is subject to change without notice!</p>



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