

OCTOBER 2020 GRAB + GO BUS MEALS

MONDAY 9/28/20		TUESDAY 9/29/20		WEDNESDAY 9/30/20 + 10/1/20 ALL SITES CLOSED ON THURSDAY		FRIDAY 10/2/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY						
CAL		CAL		CAL		CAL						
BREAKFAST												
NO SCHOOL	Cinnamon Chex ^{^WG}	230	Bagel ^{WG} w/ Cream Cheese [^]	Pancakes ^{^WG}	210-220	Cinnamon Roll ^{^WG}	232					
	Orange Juice	60		130/70	Orange Juice	60	Raspberry Bar ^{^WG}	231				
	Milk	90-120	Orange Juice	60	Milk	90-120	Orange Juice	60				
			Milk	90-120	Milk	90-120	Milk	90-120				
							Turkey Ham ⁺ Cheese on Hawaiian Bun ^{WG}	180				
							Orange Juice	60				
							Milk	90-120				
LUNCH												
NO SCHOOL	Turkey Ham ⁺ + Cheese Sandwich ^{WGIW}	227-280	Mesquite Chicken ⁺ + Cheese Croissant ^{^WG}	322	Turkey ⁺ + Cheese Sandwich ^{WGIW}	236-270	Pizza ^{^WG}	310-349				
	Baby Carrots	35	Broccoli w/ Ranch	15/55	Celery w/ Peanut Butter Cup ^p	3/200	Roasted Chickpeas	160				
	Fruit Sorbet	77	Fresh Fruit	30-96	Strawberry Cup	90	Fresh Fruit	30-96				
	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120				
								Hard Cooked Eggs Protein Pack [^]	295			
							Baby Carrots	35				
							Applesauce Cup	50				
							Milk	90-120				
								Yogurt [^] w/ Cocoa Cherry Bar ^{WG}	180/120			
								Veggie Juice	40			
								Mixed Fruit	68			
								Milk	90-120			
10/5/20		10/6/20		10/7/20 + 10/8/20 ALL SITES CLOSED ON THURSDAY		10/9/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY						
Cinnamon Roll ^{^WG}	232	Rice Krispies ^{^WG}	100	Bagel ^{WG} w/ Cream Cheese [^]	Pancakes ^{^WG}	210-220	Cinnamon Chex ^{^WG}	230				
Orange Juice	60	Orange Juice	60		130/70	Orange Juice	60	Raspberry Bar ^{^WG}	231			
Milk	90-120	Milk	90-120	Orange Juice	60	Milk	90-120	Orange Juice	60			
				Milk	90-120	Milk	90-120	Milk	90-120			
									Beef Sausage [~] + Cheese Bagel ^{WG}	235		
									Orange Juice	60		
									Milk	90-120		
Pizza ^{^WG}	310-349	Turkey ⁺ + Cheese Sandwich ^{WGIW}	236-270	Chicken ^{^WG} Salad w/ Ranch	347	Peanut Butter + Jelly Sandwich ^{^WG}	550	Turkey Ham ⁺ + Cheese Sandwich ^{WGIW}	227-280	Hard Cooked Eggs Protein Pack [^]	295	
Baby Carrots	35	Grape Tomatoes w/ Ranch	18/55	Dried Fruit Mix	120	Veggie Juice	40	Celery w/ Peanut Butter Cup ^p	3/200	Craisins	110	
Applesauce Cup	50	Fresh Fruit	30-96	Milk	90-120	Strawberry Cup	90	Fresh Fruit	30-96	Milk	90-120	
Milk	90-120	Milk	90-120			Milk	90-120	Milk	90-120		Roasted Chickpeas	160
											Mixed Fruit	68
											Milk	90-120

Menu subject to change due to product supply.

ALTERNATES

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts * Pork + Poultry WG = Whole Grain

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^{pw} 400 cal · WG Bagel · 1/2 c Veggie Juice · Craisins · Carrots · Milk

This institution is an equal opportunity provider.

OCTOBER 2020 GRAB + GO BUS MEALS

MONDAY 10/12/20		TUESDAY 10/13/20		WEDNESDAY 10/14/20 + 10/15/20 ALL SITES CLOSED ON THURSDAY				FRIDAY 10/16/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY			
CAL		CAL		CAL BREAKFAST CAL				CAL CAL			
Cinnamon Roll^{^WG} 232	Rice Krispies^{^WG} 100	Bagel^{WG} w/ Cream Cheese[^] 130/70	Egg + Cheese Wrap^{^WG} 180	Pancakes^{^WG} 210-220	Cinnamon Chex^{^WG} 230	Cereal Bar^{^WG} 140					
Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60					
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120					
LUNCH											
Pizza^{^WG} 310-349	Turkey Salami⁺ + Cheese Sandwich^{WG} 226	Cheddar Cheese Cup + Cheese Stick[^] 190/59	Turkey Ham⁺ + Cheese Sandwich^{WGIW} 227-280	Turkey⁺ + Cheese Sandwich^{WGIW} 236-270	Mesquite Chicken⁺ + Cheese Croissant^{WG} 322	Cheese Cavatappi^{^WG} 428					
Celery w/ Peanut Butter Cup ^p 3/200	Baby Carrots 35	Scoops ^{WG} 110	Broccoli w/ Ranch 15/55	Cucumber Slices w/ Ranch 8/55	Roasted Chickpeas 160	Marinara Cup 40					
Blueberry Cup 40	Fresh Fruit 30-96	Salsa Cup 25	Mixed Berry Cup 90	Fresh Fruit 30-96	Craisins 110	Peaches 53					
Milk 90-120	Milk 90-120	Dried Fruit Mix 120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120					
10/19/20		10/20/20		10/21/20 + 10/22/20 ALL SITES CLOSED ON THURSDAY				10/23/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY			
Cinnamon Roll^{^WG} 232	Rice Krispies^{^WG} 100	Bagel^{WG} w/ Cream Cheese[^] 130/70	Pancakes^{^WG} 210-220	Cinnamon Chex^{^WG} 230	Raspberry Bar^{^WG} 231	Beef Sausage[~] + Cheese Bagel^{WG} 235					
Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60					
Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120					
Pizza^{^WG} 310-349	Turkey⁺ + Cheese Sandwich^{WGIW} 236-270	Yogurt[^] w/ Granola^{WG} 180/220	Chicken^{^WG} Salad w/ Ranch 347	Grilled Cheese Sandwich^{^WG} 280	Hard Cooked Eggs Protein Pack[^] 355	Turkey Ham⁺ + Cheese Sandwich^{WGIW} 227-280					
Grape Tomatoes w/ Ranch 18/55	Broccoli w/ Ranch 15/55	Veggie Juice 40	Strawberry Cup 90	Roasted Chickpeas 160	Craisins 110	Baby Carrots 35					
Applesauce Cup 50	Fresh Fruit 30-96	Blueberry Cup 40	Milk 90-120	Fresh Fruit 30-96	Milk 90-120	Mixed Fruit 68					
Milk 90-120	Milk 90-120	Milk 90-120		Milk 90-120	Milk 90-120	Milk 90-120					

Menu subject to change due to product supply.

ALTERNATES

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts * Pork + Poultry WG = Whole Grain

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^{pw} 400 cal · WG Bagel · 1/2 c Veggie Juice · Craisins · Carrots · Milk

This institution is an equal opportunity provider.

OCTOBER 2020 GRAB + GO BUS MEALS

MONDAY 10/26/20		TUESDAY 10/27/20		WEDNESDAY 10/28/20 + 10/29/20 ALL SITES CLOSED ON THURSDAY				FRIDAY 10/30/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY												
BREAKFAST																				
CAL		CAL		CAL		CAL		CAL		CAL										
	Cinnamon Roll^{^WG}	232		Rice Krispies^{^WG}	100		Bagel^{WG} w/ Cream Cheese[^]	130/70		Egg + Cheese Wrap^{^WG}	180		Pancakes^{^WG}	210-220		Cinnamon Chex^{^WG}	230		Cereal Bar^{^WG}	140
	Orange Juice	60		Orange Juice	60		Orange Juice	60		Orange Juice	60		Orange Juice	60		Orange Juice	60		Orange Juice	60
	Milk	90-120		Milk	90-120		Orange Juice	60		Milk	90-120		Milk	90-120		Milk	90-120		Milk	90-120
							Milk	90-120												
LUNCH																				
	Pizza^{^WG}	310-349		Turkey Salami⁺ + Cheese Sandwich^{WG}	226		Peanut Butter + Jelly Sandwich^{^PWG}	550		Turkey⁺ + Cheese Sandwich^{WGIW}	227-280		Chicken^{WG} Salad w/ Ranch	347		Cheese Cavatappi^{^WG}	428		Turkey Ham⁺ + Cheese Sandwich^{WG IW}	227-280
	Celery w/ Peanut Butter Cup ^p	3/200		Baby Carrots	35		Veggie Juice	40		Grape Tomatoes w/ Ranch	18/55		Fresh Fruit	30-96		Marinara Cup	40		Celery + Grape Tomatoes	
	Applesauce Cup	50		Fresh Fruit	30-96		Dried Fruit Mix	120		Mixed Berry Cup	90		Milk	90-120		Fruit Sorbet	77		w/ Ranch	11/55
	Milk	90-120		Milk	90-120		Milk	90-120		Milk	90-120					Milk	90-120		Peaches	53
																			Milk	90-120

Menu subject to change due to product supply.

Menu Key: ~ Beef cal Calories IW Individually Wrapped ^ Meatless p Peanuts * Pork + Poultry WG = Whole Grain

ALTERNATES

Daily Alternate (Vegetarian/Vegan): Peanut Butter Cups^{pw} 400 cal · WG Bagel · 1/2 c Veggie Juice · Craisins · Carrots · Milk

This institution is an equal opportunity provider.