

OCTOBER 2020 GRAB + GO CAFE 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		BREAKFAST CAL		CAL	
NO SCHOOL	Cinnamon Chex^{^WG} 230	Bagel^{WG} w/ Cream Cheese[^] 130/70	Pancakes^{^WG} 210-220	Cinnamon Roll^{^WG} 232	Raspberry Bar^{^WG} 231	Rice Krispies^{^WG} 100	
	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	Orange Juice 60	
	Milk 90-120	Orange Juice 60 Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	
LUNCH							
NO SCHOOL	Turkey Ham⁺ + Cheese Sandwich^{WGIW} 227-280	Chicken Drumstick^{^WG} w/ Seasoned Potatoes + Roll^{WG} 330/70	Chik'n Nuggets^{^WG} w/ Green Beans + Carrots + Roll^{WG} 277/140	Pizza^{^WG} 310-349	Turkey⁺ + Cheese Sandwich^{WGIW} 236-270	Yogurt[^] w/ Cocoa Cherry Bar^{WG} 180/120	
	Baby Carrots 35	Fresh Fruit 30-96	Craisins 110	Broccoli w/ Ranch 15/55	Grape Tomatoes w/ Ranch 18/55	Roasted Chickpeas 160	
	Fruit Sorbet 77	Milk 90-120	Milk 90-120	Fresh Fruit 30-96	Applesauce Cup 50	Craisins 110	
	Milk 90-120			Milk 90-120	Milk 90-120	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[^] 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	Orange Juice 60 Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	
Pizza^{^WG} 310-349	Turkey Ham⁺ + Cheese Sandwich^{WGIW} 227-280	Hamburger⁻ w/ Crinkle Cut Potatoes on Bun^{WG} 278/160	Turkey Carnitas⁺ w/ Corn + Mini Flatbreads^{WG} 200/160	Cheese Crunchers^{^WG} w/ Broccoli 440	Hard Cooked Eggs Protein Pack[^] 295	Grilled Cheese Sandwich^{^WGIW} 280	
Baby Carrots 35	Grape Tomatoes w/ Ranch 18/55	Dried Fruit Mix 120	Strawberry Cup 90	Fresh Fruit 30-96	Craisins 110	Roasted Chickpeas 160	
Applesauce Cup 50	Fresh Fruit 30-96	Milk 90-120	Milk 90-120	Milk 90-120	Milk 90-120	Mixed Fruit 68	
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^W 400 cal · WG Bagel · 1/2 c Veggie Juice · Craisins · Carrots · Milk This institution is an equal opportunity provider.

OCTOBER 2020 GRAB + GO CAFE 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		CAL	
BREAKFAST							
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	Orange Juice 60
Milk 90-120	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	Thai Sweet Chili Chicken⁺ w/ Veggie Rice^{WG} 301	Taco[~] w/ Corn + Mini Flatbreads^{WG} 169/160	Chicken Drumstick^{+WG} w/ Seasoned Potatoes + Roll^{WG} 330/70	Turkey⁺ + Cheese Sandwich^{WG IW} 236-270	Yogurt[^] w/ Cocoa Cherry Bar^{WG} 180/200	Cheese Cavatappi^{^WG} 428	
Celery w/ Peanut Butter Cup ^p 3/200	Baby Carrots 35	Dried Fruit Mix 120	Mixed Berry Cup 90	Cucumber Slices w/ Ranch 8/55	Roasted Chickpeas 160	Marinara Cup 40	
Applesauce Cup 50	Fresh Fruit 30-96	Milk 90-120	Milk 90-120	Fresh Fruit 30-96	Craisins 110	Peaches 53	
Milk 90-120	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	Mandarin Orange Chicken⁺ w/ Veggie Rice^{WG} 290	French Toast Sticks^{WG} w/ Sausage⁺ 344	Turkey Hot Dog⁺ on Bun^{WG} w/ Ranchero Beans 302	Grilled Cheese Sandwich^{^WG IW} 280	Hard Cooked Eggs Protein Pack[^] 295	Turkey Ham⁺ + Cheese Sandwich^{WG IW} 227-280	
Grape Tomatoes w/ Ranch 18/55	Broccoli w/ Ranch 15/55	Veggie Juice 40	Strawberry Cup 90	Veggie Juice 40	Craisins 110	Baby Carrots 35	
Applesauce Cup 50	Fresh Fruit 30-96	Peaches 53	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	

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ALTERNATES

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

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

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OCTOBER 2020 GRAB + GO CAFE 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	CAL	CAL	CAL	CAL	CAL	CAL		
Cinnamon Roll^{^WG}	232	Rice Krispies^{^WG}	100	Bagel^{WG} w/ Cream Cheese[^]	Egg + Cheese Wrap^{^WG}	180	Pancakes^{^WG}	210-220	Cinnamon Chex^{^WG}	230	Cereal Bar^{^WG}	140	
Orange Juice	60	Orange Juice	60	130/70	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	Spicy Chicken Bites^{^WG}		Turkey⁺ + Cheese Sandwich^{WG IW}	227-280	Potato Crunch Fish Sandwich^{^WG}	360	Taco[~] w/ Corn + Mini Flatbreads^{WG}	169/160	Cheese Cavatappi^{^WG}	428	Turkey Ham⁺ + Cheese Sandwich^{WG IW}	227-280
Celery w/ Peanut Butter Cup ^p	3/200	w/ Cheesy Spinach	338	Sandwich ^{WG IW}	227-280	Sandwich ^{^WG}	360	Flatbreads ^{WG}	169/160	Marinara Cup	40	Sandwich ^{WG IW}	227-280
		Baby Carrots	35	Roasted Chickpeas	160	Grape Tomatoes w/ Ranch	18/55	Garden Salad w/ Ranch	23/55	Fruit Sorbet	77	Celery + Grape Tomatoes	
Applesauce Cup	50	Fresh Fruit	30-96	Dried Fruit Mix	120	Mixed Berry Cup	90	Fresh Fruit	30-96	Milk	90-120	w/ Ranch	11/55
Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120	Milk	90-120			Peaches	53
												Milk	90-120

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

ALTERNATES

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