

OCTOBER 2020 GRAB + GO BUS MEALS CARBS

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	
CARB		CARB		BREAKFAST CARB		CARB	
NO SCHOOL	Cinnamon Chex ^{^WG} 45	Bagel ^{WG} w/ Cream Cheese [^] 25/2	Pancakes ^{^WG} 35	Cinnamon Roll ^{^WG} 38	Raspberry Bar ^{^WG} 35	Turkey Ham ⁺ Cheese on Hawaiian Bun ^{WG} 27	
	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	
	Milk 13-20	Orange Juice 13 Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Orange Juice 13 Milk 13-20
LUNCH							
NO SCHOOL	Turkey Ham ⁺ + Cheese Sandwich ^{WGIW} 29	Mesquite Chicken ⁺ + Cheese Croissant ^{^WG} 322	Turkey ⁺ + Cheese Sandwich ^{WGIW} 27-30	Pizza ^{^WG} 29-31	Hard Cooked Eggs Protein Pack [^] 11	Yogurt [^] w/ Cocoa Cherry Bar ^{WG} 38/33	
	Baby Carrots 8	Broccoli w/ Ranch 3/13	Celery w/ Peanut Butter Cup ^p 5/7	Roasted Chickpeas 24	Baby Carrots 8	Veggie Juice 10	
	Fruit Sorbet 21	Fresh Fruit 7-26	Strawberry Cup 22	Fresh Fruit 7-26	Applesauce Cup 15	Mixed Fruit 18	
	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20
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} 38	Rice Krispies ^{^WG} 23	Bagel ^{WG} w/ Cream Cheese [^] 25/2	Pancakes ^{^WG} 35	Cinnamon Chex ^{^WG} 45	Raspberry Bar ^{^WG} 35	Beef Sausage [~] + Cheese Bagel ^{WG} 26	
Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	
Milk 13-20	Milk 13-20	Orange Juice 13 Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	
Pizza ^{^WG} 29-31	Turkey ⁺ + Cheese Sandwich ^{WGIW} 27-30	Chicken ^{^WG} Salad w/ Ranch 24	Peanut Butter + Jelly Sandwich ^{^WG} 52	Turkey Ham ⁺ + Cheese Sandwich ^{WGIW} 29	Hard Cooked Eggs Protein Pack [^] 11	Grilled Cheese Sandwich ^{^WGIW} 31	
Baby Carrots 8	Grape Tomatoes w/ Ranch 4/13	Dried Fruit Mix 30	Veggie Juice 10	Celery w/ Peanut Butter Cup ^p 5/7	Craisins 27	Roasted Chickpeas 24	
Applesauce Cup 15	Fresh Fruit 7-26	Milk 13-20	Strawberry Cup 22	Fresh Fruit 7-26	Milk 13-20	Mixed Fruit 18	
Milk 13-20	Milk 13-20		Milk 13-20	Milk 13-20		Milk 13-20	

Menu subject to change due to product supply.

ALTERNATES

Menu Key: ~ Beef Carb Carbohydrates 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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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					
		CARB		CARB		BREAKFAST CARB		CARB		CARB		CAL	
Cinnamon Roll^{^WG}	38	Rice Krispies^{^WG}	23	Bagel^{WG} w/ Cream Cheese[^]	Egg + Cheese Wrap^{^WG}	14	Pancakes^{^WG}	35	Cinnamon Chex^{^WG}	45	Cereal Bar^{^WG}	24	
Orange Juice	13	Orange Juice	13		25/2	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13
Milk	13-20	Milk	13-20	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
				Milk	13-20								
LUNCH													
Pizza^{^WG}	29-31	Turkey Salami⁺ + Cheese Sandwich^{WG}	29	Cheddar Cheese Cup + Cheese Stick[^]	14/1	Turkey Ham⁺ + Cheese Sandwich^{WGIW}	29	Turkey⁺ + Cheese Sandwich^{WGIW}	27-30	Mesquite Chicken⁺ + Cheese Croissant^{WG}	29	Cheese Cavatappi^{^WG}	36
Celery w/ Peanut Butter Cup ^p	5/7	Baby Carrots	8	Scoops ^{WG}	19	Broccoli w/ Ranch	3/13	Cucumber Slices w/ Ranch	8/13	Roasted Chickpeas	24	Marinara Cup	7
Blueberry Cup	9	Fresh Fruit	7-26	Salsa Cup	5	Mixed Berry Cup	20	Fresh Fruit	7-26	Craisins	27	Peaches	13
Milk	13-20	Milk	13-20	Dried Fruit Mix	30	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
				Milk	13-20								
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}	38	Rice Krispies^{^WG}	23	Bagel^{WG} w/ Cream Cheese[^]	Pancakes^{^WG}	35	Cinnamon Chex^{^WG}	45	Raspberry Bar^{^WG}	35	Beef Sausage[~] + Cheese Bagel^{WG}	26	
Orange Juice	13	Orange Juice	13		25/2	Orange Juice	13	Orange Juice	13	Orange Juice	13	Orange Juice	13
Milk	13-20	Milk	13-20	Orange Juice	13	Milk	13-20	Milk	13-20	Milk	13-20	Milk	13-20
				Milk	13-20								
Pizza^{^WG}	29-31	Turkey⁺ + Cheese Sandwich^{WGIW}	27-30	Yogurt[^] w/ Granola^{WG}	38/47	Chicken^{^WG} Salad w/ Ranch	24	Grilled Cheese Sandwich^{^WG}	31	Hard Cooked Eggs Protein Pack[^]	11	Turkey Ham⁺ + Cheese Sandwich^{WGIW}	29
Grape Tomatoes w/ Ranch	4/13	Broccoli w/ Ranch	3/13	Veggie Juice	10	Strawberry Cup	22	Roasted Chickpeas	24	Craisins	27	Baby Carrots	8
Applesauce Cup	15	Fresh Fruit	7-26	Blueberry Cup	9	Milk	13-20	Fresh Fruit	7-26	Milk	13-20	Mixed Fruit	18
Milk	13-20	Milk	13-20	Milk	13-20			Milk	13-20			Milk	13-20

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ALTERNATES

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 BUS MEALS CARBS

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							
CARB	CARB	CARB	CARB	CARB	CARB	CARB	CARB
Cinnamon Roll^{^WG} 38	Rice Krispies^{^WG} 23	Bagel^{WG} w/ Cream Cheese[^] 14	Egg + Cheese Wrap^{^WG} 14	Pancakes^{^WG} 35	Cinnamon Chex^{^WG} 45	Cereal Bar^{^WG} 24	
Orange Juice 13	Orange Juice 13	25/2	Orange Juice 13	Orange Juice 13	Orange Juice 13	Orange Juice 13	
Milk 13-20	Milk 13-20	Orange Juice 13	Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20	
		Milk 13-20					
LUNCH							
Pizza^{^WG} 29-31	Turkey Salami⁺ + Cheese Sandwich^{WG} 29	Peanut Butter + Jelly Sandwich^{^PWG} 52	Turkey⁺ + Cheese Sandwich^{^WGIW} 27-30	Chicken^{^WG} Salad w/ Ranch 24	Cheese Cavatappi^{^WG} 36	Turkey Ham⁺ + Cheese Sandwich^{WG IW} 29	
Celery w/ Peanut Butter Cup ^p 5/7	Baby Carrots 8	Veggie Juice 10	Grape Tomatoes w/ Ranch 4/13	Fresh Fruit 7-26	Marinara Cup 7	Celery + Grape Tomatoes w/ Ranch 2/13	
Applesauce Cup 15	Fresh Fruit 7-26	Dried Fruit Mix 30	Mixed Berry Cup 20	Milk 13-20	Fruit Sorbet 21	Peaches 13	
Milk 13-20	Milk 13-20	Milk 13-20	Milk 13-20		Milk 13-20	Milk 13-20	

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