

# OCTOBER 2020 GRAB + GO CAFE MEALS CARBS

| MONDAY<br>9/28/20                  |  | TUESDAY<br>9/29/20   |   | WEDNESDAY<br>9/30/20 + 10/1/20 ALL SITES CLOSED ON THURSDAY              |  | FRIDAY<br>10/2/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY               |                                    |   |  |  |   |  |           |
|------------------------------------|--|--|---|--|--|---|------------------------------------|---|--|--|---|--|-----------|
| BREAKFAST                          |  |  |   |  |  |   |                                    |   |  |  |   |  |           |
|                                    | CARB   | CARB   | CARB  | CARB   | CARB   | CARB  | CARB                               |   |  |  |   |  |           |
| NO SCHOOL                          | <b>Cinnamon Chex<sup>^WG</sup></b>                             | <b>45</b>  | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>                           | <b>Pancakes<sup>^WG</sup></b>  | <b>35</b>  | <b>Cinnamon Roll<sup>^WG</sup></b>  | <b>38</b>                          | <b>Raspberry Bar<sup>^WG</sup></b>                | <b>35</b>  | <b>Rice Krispies<sup>^WG</sup></b>               | <b>23</b>   |  |           |
|                                    | Orange Juice   | 13   | <b>25/2</b>   | 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  |  |   |                                    |   |  |  |   |  |           |
| LUNCH                              |  |  |   |  |  |   |                                    |   |  |  |   |  |           |
| NO SCHOOL                          | <b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> | <b>29</b>  | <b>Chicken Drumstick<sup>+WG</sup> w/ Seasoned Potatoes + Roll<sup>WG</sup></b> | <b>30/26</b>   | <b>Chik'n Nuggets<sup>vWG</sup> w/ Green Beans + Carrots + Roll<sup>WG</sup></b> | <b>31/26</b>  | <b>Pizza<sup>^WG</sup></b>         | <b>29-31</b>                                      | <b>Turkey<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> | <b>27-30</b>                                     | <b>Yogurt<sup>^</sup> w/ Cocoa Cherry Bar<sup>WG</sup></b>  | <b>38/33</b>                                   |           |
|                                    | Baby Carrots   | 8  | <b>+ Roll<sup>WG</sup></b>  | <b>30/26</b>   | <b>+ Roll<sup>WG</sup></b>   | <b>31/26</b>  | Broccoli w/ Ranch                  | 15/55   | Grape Tomatoes w/ Ranch                                    | 18/55  | Roasted Chickpeas   | 24   |           |
|                                    | Fruit Sorbet   | 21   | Fresh Fruit   | 7-26   | Craisins   | 27  | Fresh Fruit                        | 7-26  | Applesauce Cup   | 15   | Craisins  | 27   |           |
|                                    | 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                         |                                    |   |  |  |   |  |           |
| <b>Cinnamon Roll<sup>^WG</sup></b> | <b>38</b>  | <b>Rice Krispies<sup>^WG</sup></b>                             | <b>23</b>   | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>                    | <b>Pancakes<sup>^WG</sup></b>  | <b>35</b>   | <b>Cinnamon Chex<sup>^WG</sup></b> | <b>45</b>   | <b>Raspberry Bar<sup>^WG</sup></b>                         | <b>35</b>  | <b>Beef Sausage<sup>~</sup> + Cheese Bagel<sup>WG</sup></b> | <b>26</b>                                      |           |
| Orange Juice                       | 13   | Orange Juice   | 13  | <b>25/2</b>  | 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  |   |                                    |   |  |  |   |  |           |
| <b>Pizza<sup>^WG</sup></b>         | <b>29-31</b>   | <b>Turkey Ham<sup>+</sup> + Cheese Sandwich<sup>WGIW</sup></b> | <b>29</b>   | <b>Hamburger<sup>~</sup> w/ Crinkle Cut Potatoes on Bun<sup>WG</sup></b> | <b>16/29</b>   | <b>Turkey Carnitas<sup>+</sup> w/ Corn + Mini Flatbreads<sup>WG</sup></b> | <b>26/26</b>                       | <b>Cheese Crunchers<sup>^WG</sup> w/ Broccoli</b> | <b>45</b>  | <b>Hard Cooked Eggs Protein Pack<sup>^</sup></b> | <b>30</b>   | <b>Grilled Cheese Sandwich<sup>^WGIW</sup></b> | <b>31</b> |
| Baby Carrots                       | 8  | <b>Sandwich<sup>WGIW</sup></b>                                 | <b>29</b>   | <b>Potatoes on Bun<sup>WG</sup></b>                                      | <b>16/29</b>   | <b>Mini Flatbreads<sup>WG</sup></b>                                       | <b>26/26</b>                       | <b>w/ Broccoli</b>                                | <b>45</b>  | <b>Protein Pack<sup>^</sup></b>                  | <b>30</b>   | <b>Sandwich<sup>^WGIW</sup></b>                | <b>31</b> |
| Applesauce Cup                     | 15   | Grape Tomatoes w/ Ranch  | 4/13  | Dried Fruit Mix  | 30   | Strawberry Cup  | 22                                 | Fresh Fruit                                       | 7-26   | Craisins   | 27  | Roasted Chickpeas                              | 24        |
| Milk                               | 13-20  | Fresh Fruit  | 7-26  | Milk   | 13-20  | Milk  | 13-20                              | Milk  | 13-20  | Milk   | 13-20   | Mixed Fruit                                    | 18        |
|                                    |  | 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<sup>pv</sup> 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 CARBS

| MONDAY<br>10/12/20                       |              | TUESDAY<br>10/13/20                         |           | WEDNESDAY<br>10/14/20 + 10/15/20 ALL SITES CLOSED ON THURSDAY |  |   |                               | FRIDAY<br>10/16/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |                                    |                                    |                                 |  |           |
|--|--------------|---|-----------|---|--|---|-------------------------------|--|------------------------------------|------------------------------------|---------------------------------|--|-----------|
| CARB                                     |              | CARB  |           | BREAKFAST   |  |   |                               | CARB   |                                    | CARB                               |                                 |  |           |
| <b>Cinnamon Roll<sup>^WG</sup></b>       | <b>38</b>    | <b>Rice Krispies<sup>^WG</sup></b>          | <b>23</b> | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>         | <b>Egg + Cheese Wrap<sup>^WG</sup></b> | <b>14</b>   | <b>Pancakes<sup>^WG</sup></b> | <b>35</b>  | <b>Cinnamon Chex<sup>^WG</sup></b> | <b>45</b>                          | <b>Cereal Bar<sup>^WG</sup></b> | <b>24</b>                              |           |
| Orange Juice                             | 13           | Orange Juice                                | 13        |   | 25/2                                   | Orange Juice  | 13                            | Orange Juice   | 60                                 | 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                                    |              |   |           |   |  |   |                               |  |                                    |                                    |                                 |  |           |
| <b>Pizza<sup>^WG</sup></b>               | <b>29-31</b> | <b>Thai Sweet Chili Chicken<sup>+</sup></b> |           | <b>Taco<sup>~</sup> w/ Corn + Mini</b>                        |  | <b>Chicken Drumstick<sup>+WG</sup></b>                |                               | <b>Turkey<sup>+</sup> + Cheese</b>                           |                                    | <b>Yogurt<sup>^</sup> w/ Cocoa</b> |                                 | <b>Cheese Cavatappi<sup>^WG</sup></b>  | <b>36</b> |
| Celery w/ Peanut Butter Cup <sup>p</sup> | 5/7          | <b>w/ Veggie Rice<sup>WG</sup></b>          | <b>74</b> | <b>Flatbreads<sup>WG</sup></b>                                | <b>23/26</b>                           | <b>w/ Seasoned Potatoes</b>                           |                               | <b>Sandwich<sup>WG IW</sup></b>                              | <b>27-30</b>                       | <b>Cherry Bar<sup>WG</sup></b>     | <b>38/33</b>                    | Marinara Cup                           | 7         |
| Applesauce Cup                           | 15           | Baby Carrots                                | 8         | Dried Fruit Mix   | 30                                     | <b>+ Roll<sup>WG</sup></b>                            | <b>30/26</b>                  | Cucumber Slices w/ Ranch                                     | 2/13                               | Roasted Chickpeas                  | 24                              | Peaches                                | 13        |
| Milk                                     | 13-20        | Fresh Fruit                                 | 7-26      | Milk  | 13-20                                  | Mixed Berry Cup                                       | 90                            | Fresh Fruit  | 7-26                               | Craisins                           | 27                              | 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           |                                    |                                    |                                 |  |           |
| <b>Cinnamon Roll<sup>^WG</sup></b>       | <b>38</b>    | <b>Rice Krispies<sup>^WG</sup></b>          | <b>23</b> | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>         |  | <b>Pancakes<sup>^WG</sup></b>                         | <b>35</b>                     | <b>Cinnamon Chex<sup>^WG</sup></b>                           | <b>45</b>                          | <b>Raspberry Bar<sup>^WG</sup></b> | <b>35</b>                       | <b>Beef Sausage<sup>~</sup> +</b>      |           |
| Orange Juice                             | 13           | Orange Juice                                | 13        |   | 25/2                                   | Orange Juice  | 13                            | Orange Juice   | 13                                 | Orange Juice                       | 13                              | <b>Cheese Bagel<sup>WG</sup></b>       | <b>26</b> |
| Milk                                     | 13-20        | Milk  | 13-20     | Orange Juice  | 13                                     | Milk  | 13-20                         | Milk   | 13-20                              | Milk                               | 13-20                           | Orange Juice                           | 13        |
|  |              |   |           | Milk  | 13-20                                  |   |                               |  |                                    |                                    |                                 | Milk                                   | 13-20     |
| <b>Pizza<sup>^WG</sup></b>               | <b>29-31</b> | <b>Mandarin Orange Chicken<sup>+</sup></b>  |           | <b>Egg + Cheese Omelet<sup>^</sup></b>                        |  | <b>Turkey Hot Dog<sup>+</sup> on Bun<sup>WG</sup></b> |                               | <b>Grilled Cheese</b>  |                                    | <b>Hard Cooked Eggs</b>            |                                 | <b>Turkey Ham<sup>+</sup> + Cheese</b> |           |
| Grape Tomatoes w/ Ranch                  | 4/13         | <b>w/ Veggie Rice<sup>WG</sup></b>          | <b>46</b> | <b>on Croissant<sup>WG</sup></b>                              | <b>28/26</b>                           | <b>w/ Ranchero Beans</b>                              | <b>31/27</b>                  | <b>Sandwich<sup>^WG IW</sup></b>                             | <b>31</b>                          | <b>Protein Pack<sup>^</sup></b>    | <b>11</b>                       | <b>Sandwich<sup>WG IW</sup></b>        | <b>29</b> |
| Applesauce Cup                           | 15           | Broccoli w/ Ranch                           | 3/13      | Salsa Cup   | 5                                      | Strawberry Cup  | 22                            | Veggie Juice   | 10                                 | Craisins                           | 27                              | Baby Carrots                           | 8         |
| Milk                                     | 13-20        | Fresh Fruit                                 | 7-26      | Peaches   | 13                                     | 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     |

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<sup>p</sup> 400 cal · WG Bagel · 1/2 c Veggie Juice · Craisins · Carrots · Milk

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| MONDAY<br>10/26/20                       |              | TUESDAY<br>10/27/20                      |           | WEDNESDAY<br>10/28/20 + 10/29/20 ALL SITES CLOSED ON THURSDAY |  |                               |                               | FRIDAY<br>10/30/20 NO MEAL DISTRIBUTION ON SATURDAY + SUNDAY |                                    |                                       |                                 |  |           |
|--|--------------|--|-----------|---|--|-------------------------------|-------------------------------|--|------------------------------------|---------------------------------------|---------------------------------|--|-----------|
| CARB                                     |              | CARB                                     |           | BREAKFAST   |  |                               |                               | CARB   |                                    | CARB                                  |                                 |  |           |
| <b>Cinnamon Roll<sup>^WG</sup></b>       | <b>38</b>    | <b>Rice Krispies<sup>^WG</sup></b>       | <b>23</b> | <b>Bagel<sup>WG</sup> w/ Cream Cheese<sup>^</sup></b>         | <b>Egg + Cheese Wrap<sup>^WG</sup></b> | <b>14</b>                     | <b>Pancakes<sup>^WG</sup></b> | <b>35</b>  | <b>Cinnamon Chex<sup>^WG</sup></b> | <b>230</b>                            | <b>Cereal Bar<sup>^WG</sup></b> | <b>24</b>                              |           |
| Orange Juice                             | 13           | Orange Juice                             | 13        | <b>25/2</b>   | Orange Juice                           | 13                            | Orange Juice                  | 13   | Orange Juice                       | 13                                    | Orange Juice                    | 13                                     |           |
| Milk                                     | 13-20        | Milk                                     | 13-20     | Orange Juice  | Milk                                   | 13-20                         | Milk                          | 13-20  | Milk                               | 13-20                                 | Milk                            | 13-20                                  |           |
|  |              |  |           | Milk  |  |                               |                               |  |                                    |                                       |                                 |  |           |
|  |              |  |           |   |  |                               |                               |  |                                    |                                       |                                 |  |           |
| LUNCH                                    |              |  |           |   |  |                               |                               |  |                                    |                                       |                                 |  |           |
| <b>Pizza<sup>^WG</sup></b>               | <b>29-31</b> | <b>Spicy Chicken Bites<sup>+WG</sup></b> |           | <b>Taco<sup>~</sup> w/ Corn + Mini</b>                        |  | <b>Potato Crunch Fish</b>     |                               | <b>Turkey<sup>+</sup> + Cheese</b>                           |                                    | <b>Cheese Cavatappi<sup>^WG</sup></b> | <b>36</b>                       | <b>Turkey Ham<sup>+</sup> + Cheese</b> |           |
| Celery w/ Peanut Butter Cup <sup>p</sup> |              | <b>w/ Cheesy Spinach</b>                 | <b>19</b> | <b>Flatbreads<sup>WG</sup></b>                                | <b>23/26</b>                           | <b>Sandwich<sup>^WG</sup></b> | <b>13/28</b>                  | <b>Sandwich<sup>WGiw</sup></b>                               | <b>27-30</b>                       | Marinara Cup                          | 7                               | <b>Sandwich<sup>WGiw</sup></b>         | <b>29</b> |
|  | 5/7          | Baby Carrots                             | 8         | Dried Fruit Mix   | 30                                     | Grape Tomatoes w/ Ranch       | 4/13                          | Garden Salad w/ Ranch  | 5/13                               | Fruit Sorbet                          | 21                              | Celery + Grape Tomatoes                |           |
| Applesauce Cup                           | 15           | Fruit Sorbet                             | 21        | Milk  | 13-20                                  | Mixed Berry Cup               | 20                            | Fresh Fruit  | 7-26                               | Milk                                  | 13-20                           | w/ Ranch                               | 2/13      |
| Milk                                     | 13-20        | Milk                                     | 13-20     |   |  | Milk                          | 13-20                         | Milk   | 13-20                              |                                       |                                 | Peaches                                | 13        |
|  |              |  |           |   |  |                               |                               |  |                                    |                                       |                                 | Milk                                   | 13-20     |

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## ALTERNATES

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