



OCTOBER 2020

Child Nutrition Pre K – 8th

Hot
BIC

Monday

Tuesday

Wednesday

Thursday

Friday

Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

5

Fluffy Biscuit and
Sausage Sandwich
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

6

French Toast Sticks
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

7

French Toast Sticks
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

1

Assorted Low Sugar
Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

2

Assorted Muffin Loaf
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

12

Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

13

Egg & Melted
Cheese Sandwich
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

14

Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

15

Assorted Low Sugar
Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

16

Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

19

Pillsbury Bagel-ful
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

20

Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

21

Egg & Melted
Cheese Sandwich
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

22

Assorted Low Sugar
Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

23

Warm Pancakes
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

26

Yogurt 4 oz.
with Granola
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

27

Egg & Melted
Cheese Sandwich
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

28

French Toast Sticks
w/Maple Syrup
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

29

Assorted Low Sugar
Cereal w/Cheese Stick
1/2 cup 100% Fruit Juice
1/2 cup Assorted Fruit
Choice of Milk

30

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](http://www.ascr.usda.gov/complaint_filing_cust.html), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Assorted Fruit

Fresh Fruit-1 Piece
ex (apple, banana, orange)

Frozen Fruit Cup ½ cup

Prepared Fruit Cup ½ cup
Ex. (pear, pear, peaches, applesauce)

