

October Grab and Go Menu

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Benefit Bar Raisins Milk	Cinnamon Bun Raisins Milk	Cereal & Graham Cracker Raisins Milk	Banana or Zucchini Bread Raisins Milk	Ultimate Breakfast Round Raisins Milk	Bagel & Cream Cheese Raisins Milk	Cereal & Graham Cracker Raisins Milk
Stuffed Bagel Raisins Milk	Blueberry Muffin & Graham Cracker or Sunflower Seeds Raisins Milk	Cereal & Graham Cracker Raisins Milk	Pan Dulce Concha Raisins Milk	Mini Pancake IW Raisins Milk	Mini French Toast Raisins Milk	Banana Muffin & Graham Cracker or Sunflower Seeds Raisins Milk

Lunch

Galaxy Cheese Pizza Baby Carrots Fruit Milk	Fruit Parfait Corn Fruit Milk	Crispy Chicken Sandwich Baby Carrots Fruit Milk	PB&J Uncrustables Strawberry w/ String Cheese Green Beans Fruit Milk	Rib B Que Sandwich Peas Fruit Milk	Grilled Cheese Sandwich Corn Fruit Milk	Bean & Cheese Burrito Green Beans Fruit Milk
Sausage Pizza Baby Carrots Fruit Milk	Protein Pack w/Sunflower Seeds Corn Fruit Milk	Cheeseburger Baby Carrots Fruit Milk	PB&J Uncrustables Grape w/ String Cheese Green Beans Fruit Milk	Chicken Quesadilla Peas Fruit Milk	Corn Dog Corn Fruit Milk	Chicken Nuggets Green Beans Fruit Milk

*Milk options – nonfat chocolate or 1% white

*vegetable are as listed or an alternate will be provided

This institution is an equal opportunity provider.