



Monday	Tuesday	Wednesday	Thursday	Friday
<p>10/03/2022</p> <p>Pancakes & Turkey Sausage Pancakes & Veggie Patty</p> <p>Chicken Drumstick** Baked Chickenless Brown Rice Pilaf</p>	<p>10/04/2022</p> <p>Chocolate Chip Oatmeal Muffin</p> <p>Turkey Hot Dog Veggie Hot Dog** Black Beans & Corn Salad</p>	<p>10/05/2022</p> <p>Bagel w/Cream Cheese & Jelly</p> <p>Turkey Bacon, Lettuce & Tomato (BLT) Wrap Veggie Wrap w/Lettuce & Tomato</p>	<p>10/06/2022</p> <p>Breakfast Egg Scramble & Roll</p> <p>Pasta & Turkey Meat Sauce Pasta & Meatless Turkey Sauce</p>	<p>10/07/2022</p> <p>Cinnamon Roll</p> <p>Chinese Chicken Fried Rice Chinese Meatless Chicken Fried Rice with Corn,Peas, Green Beans</p>
<p>10/10/2022</p> <p>NO SCHOOL TODAY</p>	<p>10/11/2022</p> <p>Sweet Potato Waffles w/Syrup</p> <p>Garden Stew w/Squash, Corn & Kidney.Beans Meatless Stew w/Squash, Corn & Beans</p>	<p>10/12/2022</p> <p>Yogurt & Granola</p> <p>Italian Sandwich w/T. Ham T. Salami & T. Pepperoni Sandwich w/Plant Based Ham & Bacon</p>	<p>10/13/2022</p> <p>Banana Bread w/Mozzarella Cheese Stick</p> <p>Turkey Sloppy Joe Veggie Sloppy Joe</p>	<p>10/14/2022</p> <p>Blueberry Muffin</p> <p>Stir-Fry Chicken, Squash & Corn over Brown Rice Meatless Chicken, Squash & Corn over Brown Rice</p>
<p>10/17/2022</p> <p>Multigrain Cheerios</p> <p>BBQ Chicken Slider BBQ Meatless Chicken Slider Sweet Potato Tater Tots</p>	<p>10/18/2022</p> <p>Mini Cinnis Cinnamon Rolls</p> <p>Mac & Cheese Green Beans & Corn Medley</p>	<p>10/19/2022</p> <p>Breakfast Taco (Egg, Cheese & Turkey Bacon)</p> <p>Hawaiian Chicken Wrap w/ Broccoli & Carrots Hawaiian Meatless Chicken Wrap</p>	<p>10/20/2022</p> <p>French Toast Sticks w/Syrup</p> <p>Turkey Nachos w/Romaine & Corn Pico Meatless Nachos w/Romaine & Corn Pico</p>	<p>10/21/2022</p> <p>Strawberry Muffin</p> <p>Spanish Rice w/Chicken, Kidney Beans & Tomato Spanish Rice w/Meatless Chicken, Kidney Bean & Tomato</p>
<p>10/24/2022</p> <p>Cinnamon Soft Round Granola Bar</p> <p>Grilled Chicken Baked Chickenless Brown Rice w/ Black Beans & Plantains</p>	<p>10/25/2022</p> <p>Zucchini Bread w/Mozzarella Cheese Stick</p> <p>Caprese Pasta</p>	<p>10/26/2022</p> <p>Pancakes w/Strawberry Syrup</p> <p>Turkey & Provolone Sandwich Plant Based Turkey Slices & Provolone Sandwich Broccoli & Potato Medley</p>	<p>10/27/2022</p> <p>English Muffin & Chicken Patty English Muffin w/Meatless Patty</p> <p>Penne Pasta & Beef Meatballs Penne Pasta & Veggie Meatballs</p>	<p>10/28/2022</p> <p>NO SCHOOL TODAY</p>
<p>10/31/2022</p> <p>Cinnamon Toast Crunch Cup</p> <p>Cheese & Garlic Balela Salad w/ Garbanzo, Tomato & Cucumber</p>	<p>11/01/2022</p> <p>Breakfast Potato,Egg Scramble</p> <p>Chicken Drumstick Baked Chickenless Brown Rice Pilaf</p>	<p>11/02/2022</p> <p>Mini Bagel w/Cream Cheese</p> <p>Turkey Bacon, Lettuce & Tomato (BLT) Wrap Veggie Wrap w/Lettuce & Tomato</p>	<p>11/03/2022</p> <p>Egg & Cheese Quesadilla</p> <p>Pasta & Turkey Meat Sauce Pasta & Meatless Turkey Sauce</p>	<p>11/04/2022</p> <p>Cinnamon Roll</p> <p>Cheeseburger Veggie Cheeseburger French Fries</p>

Available Choice of Milk: Unflavored 1% or skim milk, Lactose Free or Soy (Upon Request)

**Locally Grown Components Daily Served: According to the season fruits and vegetables locally grown will be added on
Breakfast and Lunch menu: *Apples (PA/ VA/MD), Pears (PA/ MD), Sweet Potatoes (VA)***

Dairy - Free (DF), Gluten Free (GF), Vegan (VG), *Vegetarian (V) options available daily upon request.

WG = Whole Grain WW = Whole Wheat

Sep 16, 2022