



October

Mon	Tue	Wed	Thu	Fri
Pop Tart	Sausage Biscuit	WG Muffin	Egg & Cheese Biscuit	Cereal Bar
Meals are FREE to ALL STUDENTS during the 2021-2022 school year! Regardless of their Free/Reduced status, each student can receive one breakfast and one lunch meal at no cost. Per USDA guidelines, students are required to get a fruit or juice with each breakfast meal. They are required to get a fruit or vegetable with each lunch meal.				1 HOMECOMING <u>SACK LUNCH</u> PB & J Sandwich Sun Chips • Apple Carrots & Ranch 4 oz. Juice • Milk • Fruit Choice
4 BBQ Sandwich Green Beans French Fries Applesauce Milk	5 Beef Nachos w/Tortilla Chips Salsa • Sour Cream Olives • Lettuce • Onions Refried Beans Orange • Milk	6 Cheese Pizza Garden Salad w/Ranch Whole Kernel Corn Mandarin Oranges • Milk	7 Meatloaf Creamed Potatoes Glazed Carrots • English Peas WG Roll • Apple Chocolate Oatmeal Treat Milk	8 <u>SACK LUNCH</u> Ham/Turkey/Cheese Sandwich Choice of Chips Lettuce • Tomato • Onion Baked Beans 4 oz. Juice • Milk • Fruit Choice
11 	12 	13 Chicken Fajita Nachos Sautéed Peppers & Onions Refried Beans • Salsa Mexican Corn Fresh Fruit • Milk	14 Corn Dog Lettuce • Tomato • Onion Baked Beans French Fries Peaches • Milk	15 <u>SACK LUNCH</u> Chicken Sandwich Lettuce • Tomato • Onion Choice of Chips Veggie Sticks/Ranch 4 oz. Juice • Milk • Fruit Choice
18 Hot Dog Kraut • Onions • Relish Coleslaw • Baked Beans Tater Tots Orange Slices • Milk	19 Beef Tips & Rice Sautéed Peppers & Onions Garden Salad w/Ranch WG Roll • Okra Grapes • Milk	20 Pancakes (2) w/Syrup Sausage Links (2) Hashbrown Casserole Honey Roasted Carrots Grapes/Strawberries 4 oz. Orange Juice • Milk	21 Chili Grilled Cheese ½ Baked Potato Sour Cream/Cheese/Crackers Banana • Milk	22 <u>SACK LUNCH</u> Ham/Turkey/Cheese Sandwich Choice of Chips Lettuce • Tomato • Onion Baked Beans 4 oz. Juice • Milk • Fruit Choice
25 Spaghetti Garden Salad w/Ranch Steamed Corn Texas Toast Orange Wedges • Milk	26 General Tso Chicken Steamed Rice Steamed Broccoli Eggroll • Milk Mandarin Oranges	27 Cheeseburger French Fries Lettuce • Tomato • Onion Green Beans Banana • Milk	28 Country Fried Steak Creamed Potatoes Steamed Mixed Veggies WG Buttered Roll Fruit • Milk	29 <u>SACK LUNCH</u> Corn Dog Choice of Chips Baked Beans Veggie Sticks w/Ranch 4 oz. Juice • Milk • Fruit Choice
<div>2021</div> <div>Walnut Park Elementary</div>				