

Meal Site Menu October 2020

Menus are subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
			October 1 Breakfast: Liege Waffle Assorted Cereal Lunch: Chicken Sandwich Chicken Bahn Mi Summer Berry Salad	October 2 Breakfast: Breakfast Bar Assorted Cereal Lunch: Cheese Tamale Tuna Salad Sandwich Veggie Cobb Salad
October 5 Breakfast: Assorted Muffins Assorted Cereal Lunch: Brisket with Roasted Potatoes Pizza Sunbutter & Jelly Sandwich	October 6 Breakfast: Liege Waffle Assorted Cereal Lunch: Shredded Beef Burrito Pizza Yogurt Lunch Box Chicken Caprese Salad	October 7 Breakfast: Breakfast Bar Assorted Cereal Lunch: Chicken Wings Chicken Caesar Salad Pizza Sunbutter & Jelly Sandwich	October 8 Breakfast: Fruit Streudel Assorted Cereal Lunch: Chicken Tinga With Spanish Rice & Refried Beans Pizza Bagel Lunch Box BBQ Turkey Salad	October 9 Breakfast: Cinnamon Bun Assorted Cereal Lunch: Chef's Choice Pizza Black Forest Ham & Cheese Sandwich Butternut Squash Salad
October 12 Breakfast: Cinnamon Bun Assorted Cereal Lunch: Bean & Cheese Chulupa Pizza Protein Lunch Box	October 13 Breakfast: Mini Pancakes Assorted Cereal Lunch: Butternut Squash & Chicken Pasta Pizza Tuna Salad Sandwich Veggie Cobb Salad	October 14 Breakfast: Assorted Muffins Assorted Cereal Lunch: Chicken Wings Pizza Yogurt lunch Box Chicken Caprese Salad	October 15 Breakfast: Liege Waffle Assorted Cereal Lunch: Cheese Tamale Chicken Bah Mi Pizza Chicken Caesar Salad	October 16 Breakfast: Breakfast Bar Assorted Cereal Lunch: Pizza Chef's Choice Chicken Salad Croissanwich
October 19 Breakfast: Assorted Muffins Assorted Cereal Lunch: Shredded Beef Burrito Pizza Bagel Lunch Box	October 20 Breakfast: Liege Waffle Assorted Cereal Lunch: Chicken Tenders with Fries Pizza Sunbutter & Jelly Sandwich BBQ Turkey Salad	October 21 Breakfast: Breakfast Bar Assorted Cereal Lunch: Chicken Wings Pizza Black Forest Chicken & Cheese Sandwich Butternut Squash Salad	October 22 Breakfast: Fruit Strudel Assorted Cereal Lunch: Shrimp & Veggie Yakisoba Pizza Chicken Salad Croissanwich Veggie Cobb Salad	October 16 Breakfast: Breakfast Bar Assorted Cereal Lunch: Pizza Chef's Choice Chicken Caprese Salad
October 26 Breakfast: Cinnamon Bun Assorted Cereal Lunch: Mozzarella Bread Sticks with Marinara Sauce Pizza Turkey Club Croissanwich	October 27 Breakfast: Mini Pancakes Assorted Cereal Lunch: Orange Chicken with Rice Pizza Protein Lunch Box Chicken Caesar Salad	October 28 Breakfast: Assorted Muffins Assorted Cereal Lunch: Chicken Wings Pizza Yogurt Lunch box BBQ Turkey Salad	October 29 Breakfast: Liege Waffle Assorted Cereal Lunch: Somali chicken Stew with Rice Chicken Bahn Mi Pizza Butternut Squash salad	October 30 Breakfast: Breakfast Bar Assorted Cereal Lunch: Cheese Tamale Pizza Tuna Salad Sandwich Veggie Cobb Salad

Families can apply for free or reduced-price meals online at: paypams.com/OnlineApp

This institution is an equal opportunity provider and employer