

# October 2021 Breakfast/Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <u><b>Breakfast</b></u> Whole Grain Pop Tart Applesauce 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Pizza Salad with Ranch Dressing, Banana 1% White Milk or Nonfat Chocolate Milk <u><b>Early Release 1:30</b></u>
<b>4</b> <u><b>Breakfast</b></u> Yogurt Parfait Apple Sauce 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Whole Grain Uncrustable Crackers Carrots with Ranch, Fruit Cup 1% White Milk or Nonfat Chocolate Milk	<b>5</b> <u><b>Breakfast</b></u> Whole Grain Cereal Fruit Cup 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Chicken Burger w/Whole Grain Bun Baked Beans Apple Ketchup, Mayo & BBQ 1% White Milk or Nonfat Chocolate Milk	<b>6</b> <u><b>Breakfast</b></u> Whole Grain Bagel w/Cream Cheese Fruit Cup 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Turkey Sandwich on Whole Grain Bread, Crackers Fruit Cup Carrots with Ranch 1% White Milk or Nonfat Chocolate Milk	<b>7</b> <u><b>Breakfast</b></u> Whole Grain Cereal Fruit Cup 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Cheeseburger on a Whole Grain Bun Mayo, Ketchup & Mustard French Fries Fruit Cup 1% White Milk or Nonfat Chocolate Milk	<b>8</b> NO SCHOOL
<b>11</b> <u><b>Breakfast</b></u> Whole Grain Muffin & Yogurt Applesauce 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Hot Dog on a Bun, String Cheese, Broccoli Bites, Oranges 1% White Milk or Nonfat Chocolate Milk	<b>12</b> <u><b>Breakfast</b></u> Whole Grain Cereal Applesauce 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Chicken Nuggets Corn Bread, Mashed Potatoes Fruit Cup 1% White Milk or Nonfat Chocolate Milk	<b>13</b> <u><b>Breakfast</b></u> Egg Omelet & Biscuit Applesauce 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Soft Taco, Refried Beans Orange 1% White Milk or Nonfat Chocolate Milk	<b>14</b> <u><b>Breakfast</b></u> Whole Grain Cereal Applesauce 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Teriyaki Chicken with Rice Carrots with Ranch, Apple 1% White Milk or Nonfat Chocolate Milk	<b>15</b> <u><b>Breakfast</b></u> Zucchini Bread & Yogurt, Pear Cup 1% White Milk or Nonfat Chocolate Milk <u><b>Lunch</b></u> Pizza Salad with Ranch Dressing, Banana 1% White Milk or Nonfat Chocolate Milk <u><b>Early Release 1:30</b></u>

McCleary School District does not discriminate in any programs or activities on the basis of sex, race, creed, religion, color, national origin, age, veteran or military status, sexual orientation, gender expression or identity, disability, or the use of a trained dog guide or service animal and provides equal access to the Boy Scouts and other designated youth groups. The following employees have been designated to handle questions and complaints of alleged discrimination: Civil Rights Coordinator: Shannon Ramsey, 360.495.3204, sramsey@mccleary.wednet.edu; Title IX Coordinator and 504 Coordinator: John Heley, 360.495.3204, jheley@mccleary.wednet.edu; Address: 611 S. Main Street, McCleary, WA 98557.

# October 2021 Breakfast/Lunch Menu

18	19	20	21	22
<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Whole Grain Waffle with Syrup Applesauce 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">Whole Grain Uncrustable String Cheese Carrots with Ranch Fruit Cup 1% White Milk or Nonfat Chocolate Milk</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Whole Grain Cereal Applesauce 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">Sloppy Joes on Whole Grain Bun Corn Fruit Cup 1% White Milk or Nonfat Chocolate Milk</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Whole Grain Pancakes with Syrup Applesauce 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">Chili Corn Bread Cucumber Coins Fruit Cup 1% White Milk or Nonfat Chocolate Milk</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Whole Grain Cereal Applesauce 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">BBQ Chicken Sliders Broccoli Bites Fruit Cup 1% White Milk or Nonfat Chocolate Milk</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Breakfast Burrito Fruit Cup 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">Whole Grain Italian Dippers with Marinara Dipping Sauce Salad with Ranch Dressing Banana 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Early Release 1:30</u></b></p>
25	26	27	28	29
<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Banana Bread &amp; Yogurt Applesauce 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">Bean &amp; Cheese Burrito Tater Tots Fruit Cup 1% White Milk or Nonfat Chocolate Milk</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Whole Grain Cereal Applesauce 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">Tater Tot Casserole Roll Green Beans, Fruit Cup 1% White Milk or Nonfat Chocolate Milk</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Breakfast McMuffin Pear Cup 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">Whole Grain Corn Dog Baked Beans Fruit Cup 1% White Milk or Nonfat Chocolate Milk</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Whole Grain Cereal Applesauce 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">Orange Chicken w/ Rice Green Beans, Pineapple Tid Bits 1% White Milk or Nonfat Chocolate Milk</p>	<p style="text-align: center;"><b><u>Breakfast</u></b></p> <p style="text-align: center;">Whole Grain Pop Tart Applesauce 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Lunch</u></b></p> <p style="text-align: center;">Pizza Salad with Ranch Dressing, Banana 1% White Milk or Nonfat Chocolate Milk</p> <p style="text-align: center;"><b><u>Early Release 1:30</u></b></p>

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