



## October 2024 SUPPER MENU

All Supper <u>Must</u>	MON	TUES	WED	THURS	FRI
Include Choice of: Fruits and/or Vegetable And May Include: 1% Low-Fat Milk		-Bosco Sticks w/ Dipping Sauce Fresh Pear Broccoli Florets	-Grilled Ham & Cheese Sandwich -Sunbutter & Jelly Sandwich Fresh Orange Garbanzo Beans	-Beef or Bean Burrito  Fresh Orange Steamed Corn	-Fish Nuggets w/ Dinner Roll -Vegetarian Chicken Nuggets w/ Dinner Roll  Fresh Pear Celery Stick
	-Chicken Caesar Wrap -Roasted Vegetable Wrap	-Turkey Hot Dog -Sunbutter & Jelly Sandwich	-Sloppy Joe Melt -Lentil Sloppy Joe Melt	-Veggie Burger -Chicken Nuggets w/ Dinner Roll	-Cheese & Veggie Sub -Turkey & Cheese Sub
	Fresh Apple Cucumber Slices	Fresh Pear Broccoli Florets	Fresh Orange Garbanzo Beans	Fresh Banana Celery Sticks	Fresh Pear Steamed Corn
Vegetarian Options Available Daily	-Ranch Chicken Wrap -Three Cheese Wrap  Fresh Apple Cucumber Slices	-Sunbutter & Jelly Sandwich  Fresh Pear Broccoli Florets	-Breaded Honey Mustard Chicken Melt -Roasted Vegetable Sub Fresh Orange Garbanzo Beans	-French Toast w/ Turkey Sausage or Veggie Sausage  Fresh Banana Celery Sticks	-Cheese Quesadilla  Fresh Pear Steamed Corn
Contains Fish Locally Sourced	-Turkey & Cheese Wrap -Roasted Vegetable Wrap	-Cheeseburger -Veggie Burger	-Chicken Nacho -Bean & Cheese Nachos	-Corn Dog -Grilled Cheese	-Ham & Cheese Sub -Garbanzo Salad Sub
D	Fresh Apple Cucumber Slices	Fresh Pear Broccoli Florets	Fresh Orange Garbanzo Beans	Fresh Banana Celery Sticks	Fresh Pear Steamed Corn
Powering	28	29	30	31	
potential.	-Breaded Buffalo Chicken Wrap -Three Cheesy Wrap	-Scrambled Eggs w/ Pancake Bites	-BBQ Chicken Melt -BBQ Lentil Melt	-Mac & Cheese	
	Fresh Apple Cucumber Slices	Fresh Pear Broccoli Florets	Fresh Orange Garbanzo Beans	Fresh Banana Celery Sticks	



