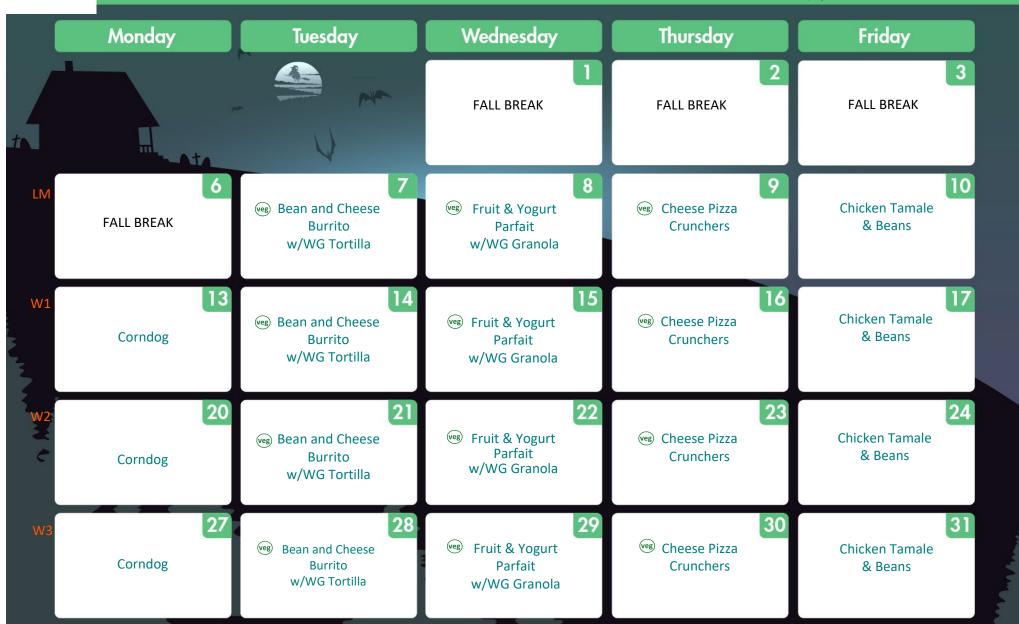




October Supper

Fruit and Vegetables offered daily:

M: Fruit Bowl & Seasoned Beans
T: Assorted Fruit Cups & Baby Carrots
W: Fruit Bowl & Side Salad
Th: Assorted Fruit Cups & Baby Carrots
F: Fruit Bowl & Spicy Cucumber



All meals include the following components: Grain, Meat or Meat Alternative, Fruit, Vegetable, and Milk. Students must select 3 out of the 5 components offered, with one component being a fruit or vegetable.

Assorted Condiments: (optional vary daily) Mustard, Mayonnaise, Ketchup, Tapatio. Milk:1%Low-fat White Milk, and Nonfat Chocolate Milk offered daily with each meal. All milk is locally sourced and rBST hormone free.

** Milk is NOT required with Meals**

*The whole grain option may consist of chips, crackers, a roll, or a pretzel.

Please see the Site Supervisor to request a specific allergen free menu