



School Menu Secondary
Week of 10/19-10/23
2020-21



Monday	Tuesday	Wednesday	Thursday	Friday
Milk: 8 oz. 1% low-fat or FF Chocolate Assorted Fruit Cup Assorted Cereal graham bear	Milk: 8 oz. 1% low-fat or FF Chocolate Assorted Fruit cup WR Apple Muffin Cheese Stick	Milk: 8 oz. 1% low-fat or FF Chocolate Assorted Fruit cup Assorted Cereal graham bear	Milk: 8 oz. 1% low-fat or FF Chocolate Assorted Fruit Cup WG Blueberry Muffin cheeses stick	Milk: 8 oz. 1% low-fat or FF Chocolate Assorted Fruit cup 4 oz. Yogurt graham cracker
Beef strips w/ WG Pasta Fajita blend vegetables Broccoli Capri Fruit cup	Chopped Steak w gravy Yellow Rice Pinto beans California mix Fruit cup	Chicken sandwich on WG bun Green Beans Warm Apples Carrot sticks Fruit cup	Spaghetti w/ Meatball Italian Vegetables Warm Pears Mixed Salad w/dressing Fruit cup	Corn Dog Nuggets Potato Wedges Mixed Vegetables Fruit cup
Graham Bears 100 % Juice	Sun Chips 100 % Juice	Cheeze it Cracker 100 % Juice	Pretzels 100 % Juice	Sun Chips 100% juice