



October Menu TJS



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Parfait, Granola, Breakfast Bar, Fruit & Juice Lunch: Hot Dogs w/g bun, Beans, Coleslaw, Fruit
4 Cereal Bar, Yogurt, Fruit Cocktail, Juice Lunch: Chicken BBQ Wrap, Sweet Potato Tot, Peaches	5 Pancakes, Turkey link, Applesauce, Juice Lunch: PB& J, String Cheese, Veggies, Fruit Cup	6 Scone, Mandarin Oranges, Hard Boiled Egg, Juice Lunch: Burrito Bowl, Black Beans, Corn, Tortilla Chips, Pineapples	7 French Toast, Turkey Bacon, Fresh Fruit, Juice Lunch: Meatball Sub, Chef's Blend, Apple Slices	8 Egg, English Muffin, Pineapples & Juice Lunch: Lasagna, Snow Peas, Bread Stick, Mixed Fruit
11 Cinnamon Bar, Yogurt, Peaches & Juice Lunch: Hamburger w/g bun, Cooked Broccoli, Peas	12 Pancakes, Turkey Sausage, pears, Juice Lunch: Potato Bar w/ toppings, Chili, Corn Bread, Applesauce	13 Muffin Chocolate Chip, String Cheese, Pineapple & Juice Lunch: Burrito Shredded Chicken & Refried beans, Fiesta Rice, Mandarin Oranges	14 Turkey Sausage, Egg, Biscuit, Banana &, Juice Lunch: Chicken Alfredo, Blend Capri, Fruit Cocktail	15 Egg, Burrito, Hashbrown, Mixed Fruit &, Juice Lunch: Walking Taco, Carrot/celery stick, Mixed Fruit
18 Cereal, Yogurt, Fruit Cocktail, Juice Lunch: Chicken Nuggets, Cooked Carrots, Peaches	19 Pancakes, Turkey link, Applesauce, Juice Lunch: Lo Mein, Blended Veggies, Peas	20 Pumpkin Muffin, Hardboiled Egg, Mandarin Oranges Lunch: Sloppy Joes, w/g bun, Roasted Potatoes, Pineapple	21 To Go Bag No School Cereal Bar, String Cheese, Fruit Cup, Juice, Milk PBJ Crustable, Yogurt, Carrots, Fruit Cup, Milk	22 To Go Bag No School Cinnamon Bar, String Cheese, Fruit Cup, Juice, Milk Corn Dog, Carrots, Fruit Cup, Milk
25 Bagel, Yogurt, Peaches & Juice Lunch: Chicken Patty Sandwich, Chef's Blend Veggies, Fruit Cocktail	26 Pancakes, Turkey Sausage, pears, Juice Mashed Potatoes w/Gravy, Meatballs, W/G Roll, Applesauce	27 Scone, String Cheese, Pineapple & Juice Lunch: Taco on W/G Tortilla, Black Beans, Corn, Mandarin Oranges	28 Turkey Sausage, Egg, Biscuit, Banana &, Juice Lunch: Sweet & Sour Chicken, Cilantro Lime Rice, Broccoli, Mixed Apple Slices	29 To Go Bag Distance Learning Day Cereal Bar, String Cheese, Fruit Cup, Juice, Milk PBJ Crustable, Yogurt, Carrots, Fruit Cup, Milk

Milk is offered for Breakfast and Lunch Daily (1% or Chocolate)

Salad Bar Daily

If you have any questions or concerns about the menu, please contact Shannon (shannong@thejourneyschool.org)

“This Institution is an Equal Opportunity Provide”



