

October 2024 Menu TJS

Monday	Tuesday	Wednesday	Thursday	Friday
30 Parfait, Cinnamon Roll, Fruit Cocktail Lunch: Chicken BBQ Wrap, Sweet Potato Tot, Peaches	1 Pancakes, Turkey link, Plum, Juice Lunch: Mac& Cheese, Peas, Pears	2 Muffin Chocolate Chip, Strawberry Smoothie, Mandarin Oranges Lunch: Burrito Bowl, Black Beans, Corn, Spanish Rice, Pineapples	3 French Toast, Turkey Bacon, Fresh Fruit, Juice Lunch: Meatball Sub, Chef's Blend, Apple Slices	4 Egg, English Muffin, Pineapples & Juice Lunch: Pulled Beef Sandwich, Roasted Carrot, Mixed Fruit
7 Bagel, Peaches&Blueberry /PearSmoothie Lunch: Chicken Alfredo, Blend Capri, Fruit Cocktail	8 Pancakes, Turkey link, pears, Juice Lunch: Potato Bar w/ toppings, Chili, Bread Stick, Applesauce	9 Scone, Pineapple, Raspberry peach Smoothie Lunch: Dunkers, Meat Sauce, Green beans, Mandarin Oranges	10 Chicken Sausage, Biscuit,Banana &, Juice Lunch: Turkey, Mashed Potatoes, Gravy, Yellow Beans, Orange Slices	11 Egg Burrito, Hashbrown, Mixed Fruit &, Juice Lunch: Sliders, Broccoli Salad, Mixed Fruit
14 Cereal, Pineapple Mango Smoothie, & Fruit Cocktail Lunch: Chicken Nuggets, Cooked Carrots, Peaches	15 Pancakes, Turkey link, Apple Sauce, Juice Lunch: Lo Mein, Blended Veggies, Pears	16 Pumpkin Muffin, Wild Blueberry Smoothie, Mandarin Oranges Lunch: Sloppy Joes, w/g bun, wg sunchips, Apple Slices	17 NO SCHOOL	18 NO SCHOOL
21 Bagel wg, Peaches & Strawberry Mango Smoothie Lunch: Chicken Patty Sandwich, Prince Blend Veggies, Peaches	22 Pancakes, Turkey Link, pears, Juice Garlic Crispy Potato Wedges, Meatballs w gravy, W/G Roll, Applesauce	23 Scone, Raspberry Peach Smoothie, Pineapple Lunch: Taco on W/G Tortilla, Festive Corn, Mandarin Oranges	24 Chicken Sausage, Biscuit,Banana &, Juice Lunch: Sweet & Sour Chicken, Cilantro Lime Rice, Broccoli, Mixed Fruit Field Trip 5-8 Bag Lunches	25 Egg, Burrito, Hashbrown, Mixed Fruit &, Juice Lunch: Corn Dog, French Fries, Mixed Fruit
28 Watermelon & Pineapple Smoothie, Nutri grain bar, fruit cocktail Lunch: Chicken Fajita (onions &peppers),W/GTortilla, Corn, Peaches	29 Pancakes, Turkey link, Apple Sauce, Juice Lunch: Fish Sticks, Green beans, Pears	30 Blueberry or Chocolate Chip Muffin, Apple Orange smoothie, & Mandarin Oranges Lunch: Hamburgers on W/G Bun, Prince Blend, Pineapple	31 Mandarin Pumpkin, Franken Cereal, Grape Ghoulish Smoothie Lunch: Mummy Hot Dog, Fresh Carrot/Zucchini Fingers, Eye Ball Grapes	1 Breakfast Pizza, Hashbrown, Mixed Fruit & Juice Lunch: Pasta Pizza Hot dish, Carrots/Peas, Orange Slices

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

Salad Bar Daily @ Lunch – Pork Free – Whole Grain Items

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

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