

# Menus

School: Livingston County R-3

Academic Year: 2021-22

Meal: All

Month: October 2021

October				
M	Tu	W	Th	F
27 <b>Breakfast:</b> Whole Grain French Toast, Syrup, Fruit, Juice, Milk <b>Lunch:</b> Roasted Chicken Patty, Mashed Potatoes & Gravy, Broccoli, Whole Wheat Bread & Butter, Fruit, Juice	28 <b>Breakfast:</b> Biscuit, Sausage Patty, Fruit, Juice, Milk <b>Lunch:</b> BBQ Pork Ribette, Au Gratin Potatoes, Whole Kernel Corn, Whole Wheat Bread & Butter, Fruit, Milk	29 <b>Breakfast:</b> Breakfast Burrito, Fruit, Juice, Milk <b>Lunch:</b> Corn Dog, Mashed Potatoes, Green Beans, Fruit, Milk	30 <b>Breakfast:</b> Whole Grain Cereal, Whole Wheat Toast, Fruit, Juice, Milk <b>Lunch:</b> Turkey & Ham Sub, Baked Chips, Carrots, Fruit, Milk	1 <b>Breakfast:</b> Strawberry PopTart, Yogurt, Fruit, Juice, Milk <b>Lunch:</b> Pepperoni Pizza, Tossed Romaine Salad w/Ranch Dressing, Sliced Cucumbers, Fruit, Milk
4 <b>Breakfast:</b> Cereal, Whole Wheat Toast, Fresh Fruit, Juice, Milk <b>Lunch:</b> Sloppy Joe on Whole Wheat Bun, Whole Kernel Corn, Chips, Fruit, Milk	5 <b>Breakfast:</b> Breakfast Chicken Patty on Biscuit, Fruit, Juice, Milk <b>Lunch:</b> Lasagna Roll Up w/Red Sauce, Broccoli, Whole Grain Garlic Toast, Fruit, Milk	6 <b>Breakfast:</b> French Toast Mini's, Syrup, Fruit, Juice, Milk <b>Lunch:</b> Mini Corn Dogs, Tater Tots, Sliced Carrots, Fruit, Milk	7 <b>Breakfast:</b> Sausage Patty on Whole Grain English Muffin, Fruit, Juice, Milk <b>Lunch:</b> Grilled Chicken, Mashed Potatoes, Kidney Beans, Whole Wheat Bread and Butter, Fruit, Milk	8 <b>Breakfast:</b> Blueberry Muffin, String Cheese, Fruit, Juice, Milk <b>Lunch:</b> Chili, Whole Grain Crackers, Celery Sticks, Cinnamon Roll, Fruit, Milk
11 <b>Breakfast:</b> Cereal, Whole Wheat Toast, Fresh Fruit, Juice, Milk <b>Lunch:</b> Chicken Patty on Whole Wheat Bun, Mashed Potatoes, Baby Carrots w/Ranch Dressing, Fruit, Milk	12 <b>Breakfast:</b> Biscuit and Sausage Gravy, Fruit, Juice, Milk <b>Lunch:</b> Spaghetti with Meat Sauce, Whole Kernel Corn, Whole Grain Garlic Toast, Fruit, Milk	13 <b>Breakfast:</b> Mini Pancakes, Syrup, Fruit, Juice, Milk <b>Lunch:</b> BBQ Ribette, Hash Round, Green Beans, Whole Wheat Bread & Butter, Fruit, Milk	14 <b>Breakfast:</b> Cheese Omelet, Whole Wheat Toast, Fruit, Juice, Milk <b>Lunch:</b> Meatballs, Mashed Potatoes w/Gravy, Lima Beans, Whole Wheat Bread & Butter, Fruit, Milk	15 <b>Breakfast:</b> Donut, Fruit & Yogurt Parfait, Juice, Milk <b>Lunch:</b> Cheese Pizza, Tossed Romaine Salad w/Ranch Dressing, Sliced Cucumbers, Fruit, Milk
18 <b>Breakfast:</b> Cereal, Whole Wheat Toast, Fresh Fruit, Juice, Milk <b>Lunch:</b> Hamburger on Whole Wheat Bun, Chips, Green Beans, Fruit, Milk	19 <b>Breakfast:</b> Cinnamon Toast, Sausage Links, Fruit, Juice, Milk <b>Lunch:</b> Walking Taco's w/Shredded Lettuce, Cheese, Diced Tomatoes, Refried Beans, Fruit, Milk	20 <b>Breakfast:</b> Mini Waffles, Syrup, Fruit, Juice, Milk <b>Lunch:</b> Chicken Nuggets, Broccoli, Mashed Potatoes, Whole Wheat Bread & Butter, Fruit, Milk	21 <b>Breakfast:</b> Breakfast Pizza, Fruit, Juice, Milk <b>Lunch:</b> Fish Sticks, Macaroni & Cheese, Peas, Whole Wheat Bread & Butter, Fruit, Milk	22 <b>Breakfast:</b> Cherry Frudel, String Cheese, Fruit, Juice, Milk <b>Lunch:</b> Chicken Noodle Soup, Whole Grain Crackers, PB & J Uncrustable, Celery Sticks, Fruit, Milk
25 <b>Breakfast:</b> Cereal, Whole Wheat Toast, Fresh Fruit, Juice, Milk <b>Lunch:</b> Hot Dog on Whole Wheat Bun, French Fries, Peas and Carrots, Fruit, Milk	26 <b>Breakfast:</b> Egg & Bacon on Biscuit, Fruit, Juice, Milk <b>Lunch:</b> Chicken Alfredo, Broccoli, Whole Grain Garlic Toast, Fruit, Milk	27 <b>Breakfast:</b> Ultimate Breakfast Round, Fruit, Juice, Milk <b>Lunch:</b> Ham & Cheese on Whole Wheat Bread, Chips, Whole Baby Carrots w/Ranch Dressing, Fruit, Milk	28 <b>Breakfast:</b> Breakfast Bites, Syrup, Fruit, Juice, Milk <b>Lunch:</b> Ground Beef & Noodles, Green Beans, Whole Wheat Bread & Butter, Fruit, Milk	29