

Menus

School: Livingston County R-3

Academic Year: 2020-21

Meal: All

Month: October 2020

October				
M	Tu	W	Th	F
28 Breakfast: Whole grain French toast, syrup, fruit, juice, milk Lunch: Roasted chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	29 Breakfast: Biscuit, sausage patty, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, whole kernel corn, whole wheat bread & butter, fruit, milk	30 Breakfast: Breakfast burrito, fruit, juice, milk Lunch: Corn dog, mashed potatoes, green beans, fruit, milk	1 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Turkey & ham sub, baked chips, raw baby carrots, fruit, milk	2 Breakfast: Whole grain pancakes, syrup, fruit, juice, milk Lunch: Hamburger patty on whole wheat bun, french fries, baked beans, fruit, milk
5 Breakfast: Whole grain waffle, syrup, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	6 Breakfast: Breakfast pizza, fruit, juice, milk Lunch: Whole grain fish wedge, au gratin potatoes, carrots, whole wheat bread & butter, fruit, milk	7 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Spaghetti w/meat sauce, tossed Romaine salad w/low-fat Ranch, green beans, whole wheat butter, fruit, milk	8 Breakfast: Whole grain biscuit, sausage gravy, fruit, juice, milk Lunch: Hot dog on whole wheat bun, French Fries, whole kernel corn, fruit, milk	9 Breakfast: Breakfast stick, syrup, fruit, juice, milk Lunch: Taco soup w/corn chips, celery sticks, fruit, milk
12 Breakfast: Whole grain French toast, syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	13 Breakfast: Biscuit, sausage patty, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	14 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Pepperoni pizza, tossed Romaine salad w/low-fat Ranch, whole kernel corn, fruit, milk	15 Breakfast: Bacon egg scramble, whole wheat toast, fruit, juice, milk Lunch: Ham & cheese on whole wheat bread, baked chips, raw baby carrots, celery sticks, fruit, milk	16 Breakfast: Whole grain pancakes, syrup, fruit, juice, milk Lunch: Hamburger patty on whole wheat bun, French Fries, pork & beans, fruit, milk
19 Breakfast: Whole grain waffle, syrup, fruit, juice, milk Lunch: Whole grain chicken patty, mashed potatoes & gravy, broccoli, whole wheat bread & butter, fruit, milk	20 Breakfast: Whole grain breakfast burrito, fruit, juice, milk Lunch: Whole grain fish wedge, au gratin potatoes, green beans, whole wheat bread & butter, fruit, milk	21 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Tomato soup, grilled cheese, celery sticks, whole grain crackers, fruit, milk	22 Breakfast: Whole grain biscuit, breakfast chicken patty, fruit, juice, milk Lunch: Walking tacos, shredded cheese, shredded lettuce, refried beans, fruit, milk	23 Breakfast: Strawberry Poptart, Go-gurt, fruit, juice, milk Lunch: Corn dog, mashed potatoes, carrots, fruit, milk
26 Breakfast: Whole grain pancakes, syrup, fruit, juice, milk Lunch: Whole grain chicken nuggets, mashed potatoes, broccoli, whole wheat bread & butter, fruit, milk	27 Breakfast: Whole grain biscuit, sausage patty, fruit, juice, milk Lunch: BBQ pork ribette, au gratin potatoes, carrots, whole wheat bread & butter, fruit, milk	28 Breakfast: Whole grain cereal, whole wheat toast, fruit, juice, milk Lunch: Lasagna roll-up, tossed Romaine salad w/low-fat Ranch, whole kernel corn, whole wheat bread & butter, fruit, milk	29 Breakfast: Whole grain French toast, syrup, fruit, juice, milk Lunch: Hot dog on whole wheat bun, baked chips, baked beans, fruit, milk	30

This institution is an equal opportunity provider.