

OCTOBER | 2020



Grab & Go Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28 <u>Pop tart/ graham crackers</u> Pizza crunchers Steamed broccoli Fresh cut vegetables <u>Fruit and milk</u> Tortilla chips and salsa</p>	<p>29 <u>Mini pancakes/ graham crackers</u> Cheeseburger French fries, pickles Sliced tomatoes, onions <u>Fruit and milk</u> Celery sticks and peanut butter</p>	<p>30 <u>Apple muffin/ graham crackers</u> Chicken nuggets Green beans Fresh cut vegetables <u>Fruit and milk</u> Pretzel and cheese</p>	<p>1 <u>Bagel/ graham crackers</u> Turkey club sandwich Fritos Fresh cut vegetables <u>Fruit and milk</u> Orange slices and sun chips</p>	<p>2 <u>Apple strudel/ graham crackers</u> Meatball subs Hash browns Fresh cut vegetables <u>Fruit and milk</u> Teddy grahams and juice</p>
<p>5 <u>Breakfast bar/ graham crackers</u> Mini corn dogs Green beans Fresh cut vegetables <u>Fruit and milk</u> Muffin and yogurt</p>	<p>6 <u>Mini French toast/ graham crackers</u> Grilled chicken club Au gratin potatoes Fresh cut vegetables <u>Fruit and milk</u> Scooby grahams and juice</p>	<p>7 <u>Blueberry bread/ graham crackers</u> Chicken fajitas Salsa and cheese Corn <u>Fruit and milk</u> Apple slices and peanut butter</p>	<p>8 SCHOOL CLOSED NO MEALS</p>	<p>9 SCHOOL CLOSED NO MEALS</p>
<p>12 <u>Apple cinnamon Texas toast</u> <u>Graham crackers</u> Cheese pizza Corn Fresh cut vegetables <u>Fruit and milk</u> Uncrustable and juice</p>	<p>13 <u>Dunkin sticks/ graham crackers</u> Biscuit and gravy Sausage links Hash brown patties <u>Fruit and milk</u> Muffin and yogurt</p>	<p>14 <u>Yogurt/ graham crackers</u> Chicken sandwich Macaroni and cheese Fresh cut vegetables <u>Fruit and milk</u> Pretzel and cheese</p>	<p>15 <u>Banana muffin/ graham crackers</u> Panther Salads Fritos <u>Fruit and milk</u> Apple and peanut butter</p>	<p>16 <u>Cereal/ graham crackers</u> Pork chop Mashed potatoes and gravy Biscuit <u>Fruit and milk</u> Teddy grahams and juice</p>
<p>19 <u>Pop tart/ graham crackers</u> Crispitos Salsa, cheese Corn Fresh cut vegetables <u>Fruit and milk</u> Celery and peanut butter</p>	<p>20 <u>Mini pancakes/ graham crackers</u> Weiner winks Potato wedges Fresh cut vegetables <u>Fruit and milk</u> Tortilla chips and salsa</p>	<p>21 <u>Apple muffin/ graham crackers</u> Chicken tenders Corn on the cob Fresh cut vegetables <u>Fruit and milk</u> Scooby grahams and juice</p>	<p>22 <u>Bagel/ graham crackers</u> Grilled cheese pretzel bun Smile fries Fresh cut vegetables <u>Fruit and milk</u> GoGurt and apple</p>	<p>23 <u>Chocolate donut/ graham crackers</u> Spaghetti and meatballs Garlic bread Fresh cut vegetables <u>Fruit and milk</u> Cherry tomatoes and sun chips</p>
<p>26 <u>Breakfast bar/ graham crackers</u> Corn dog Potato wedges Fresh cut vegetables <u>Fruit and milk</u> Uncrustable and juice</p>	<p>27 <u>Mini French toast/ graham crackers</u> Calzone Italian vegetables Fresh cut vegetables <u>Fruit and milk</u> Muffin and yogurt</p>	<p>28 <u>Banana bread/ graham crackers</u> Chicken nuggets Potato triangle Fresh cut vegetables <u>Fruit and milk</u> Apple slices and peanut butter</p>	<p>29 <u>Powdered donut/ graham crackers</u> Taco salad Lettuce, cheese, tomatoes <u>Fruit and milk</u> Pretzel and cheese</p>	<p>30 <u>Cereal/ graham crackers</u> Stir fry chicken Stir fry vegetables Egg roll Fresh cut vegetables <u>Fruit and milk</u> Teddy grahams and juice</p>

Reminders

Breakfast

Lunch

After School Snack

Every **breakfast** includes milk and fruit.

Virtual Learning Students can pick up Grab & Go meals
12:15 pm – 1:15 pm
Monday – Thursday

All Ludlow students can pick up Grab & Go meals on Fridays from
11:00 am – 1:00 pm

Look for the tent on Oak Street, outside the cafeteria!

Please practice social distancing while on campus picking up meals.

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