

# October 2016

## Garrett County Board of Education Food & Nutrition Services—Secondary Breakfast & Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Rib Patty Mixed Vegetables Pears French Fries Milk</p> <p>Sweet Potato Swirl Roll, Cereal, Raisins, Grape Juice, Milk</p>	<p>4</p> <p>Corn Dog Carrot Sticks Banana Broccoli Milk</p> <p>Waffles, Cereal, Peach Cup, Orange Juice, Milk</p>	<p>5</p> <p>Nachos Grande Corn Tossed Salad Strawberry Applesauce Cup Milk</p> <p>Chocolate Chip Whole Grain Bread, Cereal, Banana, Fruit Juice, Milk</p>	<p>6</p> <p>Sweet &amp; Sour Chicken Peas Peaches Oriental Blend Vegetables Milk</p> <p>Sausage Biscuit, Cereal, Applesauce Cup, Orange Pineapple Juice, Milk</p>	<p>7</p> <p>Sloppy Joe Oven Roasted Potatoes Mixed Fruit Baked Beans Milk</p> <p>Cereal Bar, Cereal, Mandarin Orange Cup, Apple Juice, Milk</p>
<p>10</p> <p>Flat Bread Pizza Broccoli Peaches Italian Ice Milk</p> <p>Double Chocolate Whole Grain Muffin, Cereal, Raisins, Grape Juice, Milk</p>	<p>11</p> <p>Chicken Fajita Tossed Salad Pears Re-Fried Beans Milk</p> <p>French Toast Sticks, Cereal, Applesauce Cup, Orange Juice, Milk</p>	<p>12</p> <p>Cheese Ravioli Corn Applesauce Carrot Sticks Milk</p> <p>Cereal Bar, Cereal, Banana, Fruit Juice, Milk</p>	<p>13</p> <p>Breakfast For Lunch Waffles &amp; Sausage Patties Tater Tots Mixed Fruit Apple Wedges Milk</p> <p>Sausage Biscuit, Cereal, Mandarin Orange Cup, Orange Pineapple Juice, Milk</p>	<p>14</p> <p>SCHOOLS CLOSED</p> <p>AUTUMN GLORY</p>
<p>17</p> <p>Fish Sandwich Sweet Potato Tots Pears Mixed Vegetables Milk</p> <p>Banana Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p>	<p>18</p> <p>BBQ Chicken Mashed Potatoes Pineapple Green Beans Milk</p> <p>Breakfast Pizza, Cereal, Peach Cup, Fruit Juice, Milk</p>	<p>19</p> <p>Macaroni &amp; Cheese Peas Peaches Roasted Garbanzo Beans Milk</p> <p>Cinnamon Roll, Cereal, Pear Cup, Orange Pineapple Juice, Milk</p>	<p>20</p> <p>Chicken Patty Broccoli Orange Wedges Carrot Sticks Milk</p> <p>Breakfast Bites, Cereal, Strawberry Applesauce Cup, Grape Juice, Milk</p>	<p>21</p> <p>Pepperoni Panni Tossed Salad Mixed Fruit Corn Milk</p> <p>Cereal Bar, Cereal, Orange Wedges, Apple Juice, Milk</p>
<p>24</p> <p>Rib Patty Mixed Vegetables Pears French Fries Milk</p> <p>Double Chocolate Whole Grain Muffin, Cereal, Raisins, Grape Juice, Milk</p>	<p>25</p> <p>Chef Salad KoosKoos Banana Broccoli Milk</p> <p>Waffles, Cereal, Applesauce Cup, Orange Juice, Milk</p>	<p>26</p> <p>Nachos Grande Tossed Salad Strawberry Applesauce Cup Corn Milk</p> <p>Cereal Bar, Cereal, Banana, Fruit Juice, Milk</p>	<p>27</p> <p>Pierogies Carrot Sticks Peaches Brownie Milk</p> <p>Sausage Biscuit, Cereal, Peach Cup, Orange Pineapple Juice, Milk</p>	<p>28</p> <p>Sloppy Joe Oven Roasted Potatoes Mixed Fruit Baked Beans Milk</p> <p>Yogurt, Cereal, Mandarin Orange Cup, Apple Juice, Milk</p>
<p>31</p> <p>Grilled Cheese Sandwich Mixed Vegetables Pineapple Tomato Soup Milk</p> <p>Banana Muffin, Cereal, Mixed Fruit Cup, Orange Juice, Milk</p>				<p>Fresh Fruit &amp; Juice served daily for Breakfast</p>