

OAK RIDGE R-6

OCTOBER BREAKFAST MENU

1% White, Chocolate, Strawberry & Vanilla Milk Served Daily

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Cinnamon Roll Sausage Link Juice Fruit	2 Muffin Juice Fruit	3 Biscuit Sausage Patty Milk Gravy Juice Fruit	4 Grape/Strawberry Peanut Butter Uncrustable Juice Fruit	5
6	7 Yogurt Animal Crackers Juice Fruit	8 French Toast Sticks Syrup Applesauce Juice	9 Oatmeal Graham Bug Bites Juice Fruit	10 Pancakes Syrup Sausage Link Juice Fruit	11 Breakfast Pizza Juice Fruit	12
13	14 Cereal Juice Fruit	15 Cinnamon Roll Sausage Link Juice Fruit	16 Muffin Juice Fruit	17 Biscuit Sausage Patty Milk Gravy Juice Fruit	18 Grape/Strawberry Peanut Butter Uncrustable Juice Fruit	19
20	21 Yogurt Animal Crackers Juice Fruit	22 French Toast Sticks Syrup Applesauce Juice	23 Oatmeal Graham Bug Bites Juice Fruit	24 Pancakes Syrup Sausage Link Juice Fruit	25 Breakfast Pizza Juice Fruit	26
27	28 Cereal Juice Fruit	29 Cinnamon Roll Sausage Link Juice Fruit	30 Muffin Juice Fruit	31 Biscuit Sausage Patty Milk Gravy Juice Fruit		

This institution is an equal opportunity provider.

OAK RIDGE R-6 OCTOBER LUNCH MENU

1% White, Chocolate, Strawberry & Vanilla Milk Served Daily

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Spaghetti w/Meat Sauce String Cheese Garden Salad Garlic Bread Fruit	2 Hot Dog on Bun French Fries Catsup/Mustard Fresh Carrots Ranch Dressing Fruit	3 Chicken Nuggets Fresh Cherry Tomatoes French Fries Catsup/BBQ Sauce Fruit	4 Poorboy Sandwich Nacho Chips Nacho Cheese Sauce Fresh Carrots Ranch Dressing Fresh Apple	5
6	7 Chili Crackers ½ Peanut Butter Sandwich Cheese Slice Fresh Carrots Ranch Dressing Applesauce	8 Country Fried Steak Mashed Potatoes Milk Gravy Green Beans Bread Fruit	9 Hot Ham on Bun Cheese Slice Sweet Potato Tater Tots Macaroni in Tomato Sauce Catsup/Mustard Fruit	10 Cheese Pizza Crunchers Fresh Red Pepper Strips Garden Salad Sweet Corn Fruit	11 Hamburger on Bun Cheese Slice French Fries Pickles/Onions Mustard/Catsup Fruit	12
13	14 Mozzarella Sticks Meat Sauce Garden Salad Sweet Corn Fresh Cherry Tomatoes Fruit	15 Chicken Strips Mashed Potatoes Milk Gravy Green Beans Bread Fruit	16 BBQ Pulled Pork on Bun AuGratin Potatoes Baked Beans Fresh Banana Teddy Grahams	17 Chicken Noodle Soup Crackers Fresh Carrots Ranch Dressing Applesauce Milk	18 Corn Dog Macaroni & Cheese Green Peas Catsup/Mustard Apple Crisp	19
20	21 Sausage Pizza Garden Salad Sweet Corn Fruit Cookie	22 Salisbury Steak Mashed Potatoes Green Beans Gravy Whole Wheat Roll Fruit	23 Deli Turkey on Bun Provolone Cheese Pickle Spear Lettuce Leaf Fresh Tomato Tater Tots Catsup/Mayo Fresh Orange	24 Softshell Taco w/Meat Lettuce/Cheese Salsa Fire Roasted Corn w/Peppers & Onions Refried Bean Juice	25 Chicken Patty on Bun Lettuce Leaf French Fries Catsup/Mayo Fruit	26
27	28 BBQ Chicken Mashed Potatoes Broccoli/Cheese Sauce Fresh Pineapple	29 Hot Dog/Chili Dog French Fries Catsup/Mustard Fresh Cucumbers Ranch Dressing Fruit	30 Spaghetti w/Meat Sauce String Cheese Garden Salad Garlic Bread Fruit	31 Chicken Nuggets Fresh Cherry Tomatoes French Fries Catsup/BBQ Sauce Fruit		

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