## Oct-20











			1	2
			Yogurt & Gram	Muffin
			Juice	Juice
			Bean & Chz Burrito	Turkey Sandwich
			Fruit/Vegetable	Fruit/Vegetable
			Milk	Milk
5	6	7	8	9
Pancakes & Saus Links	Breakfast Bar	Breakfast Cookie	Muffin	Cereal & Graham
Juice	Juice	Juice	Juice	Juice
Bagel & Cream Chz	Nachos	Turkey Sandwich	Chicken Sandwich	PBJ & String Cheese
Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable
Milk	Milk	Milk	Milk	Milk
12	13	14	15	16
Hard Boiled Egg & Biscuit	Cereal & Graham	French Toast Sticks	Yogurt Parf & Graham	Breakfast Bar
Juice	Juice	Juice	Juice	Juice
Turkey Sandwich	Pizza Chz Sticks	PBJ & String Cheese	Hot Dog	Bagel & Cream Chz
Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable
Milk	Milk	Milk	Milk	Milk
19	20	21	22	23
Breakfast Cookie	Muffin	Sausage Biscuit	Breakfast Bar	Cereal & Graham
Juice	Juice	Juice	Juice	Juice
PBJ & String Cheese	Hamburger	Bagel & Cream Chz	Bean & Chz Burrito	Turkey Sandwich
Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable
Milk	Milk	Milk	Milk	Milk
26	27	28	29	30
French Toast Sticks	Yogurt & Graham	Hard Boiled Egg & Biscuit	Cereal & Graham	Breakfast Bar
Juice	Juice	Juice	Juice	Juice
Bagel & Cream Chz	Chicken Sandwich	Turkey Sandwich	Cheese Pizza	PBJ & String Cheese
Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable	Fruit/Vegetable
Milk	Milk	Milk	Milk	Milk

This institution is an equal opportunity provider.

We serve 1% White Milk or FF. All of our menu entrees are whole grain rich or whole wheat products.

Vegetable are 1/2 cup and Fruit is 1/4 cup servings.

## Falls City School District B-fast and Lunch Menu