

**Please complete the ORDER FORM if  
you wish to order meals.**

2-Nov	3-Nov	4-Nov	5-Nov	6-Nov
<u><b>BREAKFAST</b></u> Cheerios	<u><b>BREAKFAST</b></u> Apple Frudel MWS	<u><b>BREAKFAST</b></u> Strawberry Pop Tart MWS	<u><b>BREAKFAST</b></u> Mini Cinnis MWS	<u><b>BREAKFAST</b></u> Strawberry Nutrigrain Bar MSW
<u><b>LUNCH</b></u> Turkey Hot Dog Chicken Salad Wrap	<u><b>LUNCH</b></u> Chicken Nuggets Honey Mustard Ham & Cheese Wrap	<u><b>LUNCH</b></u> Philly Cheese Steak Little Italy Wrap	<u><b>LUNCH</b></u> Mashed Potato Chicken Bowl Turkey BLT Wrap	<u><b>LUNCH</b></u> Stuffed Cheese Breadsticks Buffalo Chicken Wrap
<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>
9-Nov	10-Nov	11-Nov	12-Nov	13-Nov
<u><b>BREAKFAST</b></u> Cheerios	<u><b>BREAKFAST</b></u> Apple Frudel MWS	<u><b>BREAKFAST</b></u> Strawberry Pop Tart MWS	<u><b>BREAKFAST</b></u> Mini Cinnis MWS	<u><b>BREAKFAST</b></u> Chocolate Chip Oatmeal Bar MSW
<u><b>LUNCH</b></u> Chicken Parm Sandwich Chicken Caesar Salad	<u><b>LUNCH</b></u> Cheeseburger Greek Salad	<u><b>LUNCH</b></u> Chicken Teriyaki Antipasta Salad	<u><b>LUNCH</b></u> Pepperoni Pizza Bake Chef Salad	<u><b>LUNCH</b></u> Stuffed Cheese Breadsticks Garden Salad
<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>
16-Nov	17-Nov	18-Nov	19-Nov	20-Nov
<u><b>BREAKFAST</b></u> Cheerios	<u><b>BREAKFAST</b></u> Apple Frudel MWS	<u><b>BREAKFAST</b></u> Strawberry Pop Tart MWS	<u><b>BREAKFAST</b></u> Mini Cinnis MWS	<u><b>BREAKFAST</b></u> Apple Oatmeal Bar MSW
<u><b>LUNCH</b></u> Fajita Chicken Bowl Chicken Salad Wrap	<u><b>LUNCH</b></u> Chicken Patty Sandwich Honey Mustard Ham & Cheese Wrap	<u><b>LUNCH</b></u> Italian Meatball Sandwich Little Italy Wrap	<u><b>LUNCH</b></u> General Tso's Chicken Turkey BLT Wrap	<u><b>LUNCH</b></u> Macaroni & Cheese Buffalo Chicken Wrap
<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>
23-Nov	24-Nov	25-Nov	26-Nov	27-Nov
<u><b>BREAKFAST</b></u> Cheerios	<u><b>BREAKFAST</b></u> Apple Frudel MWS	<u><b>BREAKFAST</b></u> Strawberry Pop Tart MWS	<b>SCHOOLS CLOSED</b>	<b>SCHOOLS CLOSED</b>
<u><b>LUNCH</b></u> Cheeseburger Chicken Caesar Salad	<u><b>LUNCH</b></u> Turkey Hot Dog Greek Salad	<u><b>LUNCH</b></u> Chicken Nuggets Antipasta Salad		
<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>	<u><a href="#">ORDER FORM</a></u>		
30-Nov	1-Dec	2-Dec	3-Dec	4-Dec
	<u><b>BREAKFAST</b></u> Apple Frudel MWS	<u><b>BREAKFAST</b></u> Strawberry Pop Tart MWS	<u><b>BREAKFAST</b></u> Mini Cinnis MWS	<u><b>BREAKFAST</b></u> Chocolate Chip Oatmeal Bar MSW

<b>SCHOOLS CLOSED</b>	<u>LUNCH</u> Chicken Parm Sandwich Honey Mustard Ham & Cheese Wrap	<u>LUNCH</u> Pepperoni Pizza Bake Little Italy Wrap	<u>LUNCH</u> Fajita Chicken Bowl Turkey BLT Wrap	<u>LUNCH</u> Chicken Alfredo Buffalo Chicken Wrap
	<a href="#">ORDER FORM</a>	<a href="#">ORDER FORM</a>	<a href="#">ORDER FORM</a>	<a href="#">ORDER FORM</a>
<p>A full student breakfast at the high school level consists of a minimum of the following components: one full cup of fruit, one full cup of grains (whole-grain rich), and one cup of milk (non-fat or 1%).</p> <p>A full student lunch at the high school level consists of a minimum of the following components: one cup of fruit, one cup of vegetables, two cups of grains (whole-grain rich), two cups of meat/meat alternatives and one cup of milk (non-fat or 1%).</p>			<p>Effective 9/14/2020 all meals are <b>FREE</b> to all students</p>	
<p>Menus subject to change without notice.</p>				
<p>Questions? Please call Chris Baratta 484-373-6122</p>				