

# October - Breakfast & Lunch Menu 2020 – Virtual Students








Approximate grams of Carbohydrates per serving is shown in parenthesis



All entrees include Mayfield Milk(13-19) and Fruit or 100% Fruit Juice

				October 1 <sup>st</sup>	October 2 <sup>nd</sup>
				<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>
October 5 <sup>th</sup>	October 6 <sup>th</sup>	October 7 <sup>th</sup>	October 8 <sup>th</sup>	October 9 <sup>th</sup>	
<p><b>Breakfast</b> WG Breakfast Bun(48) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cinnamon Roll(37) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p> <p><i>Entrée salad available upon request. Salad will replace 1 sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p>Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)</p> <p>Baby Carrots(5) Milk Fruit</p>	

October 12 <sup>th</sup>	October 13 <sup>th</sup>	October 14 <sup>th</sup>	October 15 <sup>th</sup>	October 16 <sup>th</sup>
				
October 19 <sup>th</sup>	October 20 <sup>th</sup>	October 21 <sup>st</sup>	October 22 <sup>nd</sup>	October 23 <sup>rd</sup>
<p><b>Breakfast</b> WG Mini Breakfast Clusters(38) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)  Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)  Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> Buttery Maple Snack N' Waffle(37) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)  Baby Carrots(5) Milk Fruit <i>Entrée salad available upon request. Salad will replace 1 sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)  Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)  Baby Carrots(5) Milk Fruit</p>
October 26 <sup>th</sup>	October 27 <sup>th</sup>	October 28 <sup>th</sup>	October 29 <sup>th</sup>	October 30 <sup>th</sup>
<p><b>Breakfast</b> Buttery Maple Snack N' Waffle(37) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)  Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Turkey &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)  Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cinnamon Roll(37) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)  Baby Carrots(5) Milk Fruit <i>Entrée salad available upon request. Salad will replace 1 sandwich option from either Wednesday, Thursday, or Friday</i></p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> Ham &amp; Cheese(2) on WG Bun(29) w/ RF Doritos(19)  Baby Carrots(5) Milk Fruit</p>	<p><b>Breakfast</b> WG Cereal(14-27) WG Belly Bears(21) Milk 100% Fruit Juice</p> <p><b>Lunch</b> WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)  Baby Carrots(5) Milk Fruit</p>