

# October 2020

Abinoojiiyag  
K-12 Breakfast

		01		02	
		<b>Entree</b> Egg & Cheese Croissant <i>1ea</i>	<b>Entree</b> Frosted Mini Wheats Bowl <i>1ea</i>	<b>Fruit</b> Fresh Banana <i>1ea</i>	<b>Fruit</b> Pears in Juice <i>1/2c</i>
		<b>Milk</b> Choice of Milk	<b>Milk</b> Orange Juice, 4 oz. <i>1ea</i>	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk
05		06		07	
<b>Entree</b> Dish <i>1ea</i>	<b>Entree</b> Bagel with Cream Cheese and Jelly <i>1ea</i>	<b>Entree</b> Cheddar Munchers <i>3ea</i>	<b>Entree</b> Cinnamon Glazed French Toast w/strawberry topping., w.g. <i>1ea</i>	<b>Entree</b> Rice Krispies <i>1ea</i>	<b>Entree</b> Rice Krispies <i>1ea</i>
	<b>Fruit</b> Diced Peaches <i>1/2c</i>	<b>Fruit</b> Tropical Fruit Salad in Juice <i>1/2c</i>	<b>Fruit</b> Applesauce <i>1/2c</i>	<b>Fruit</b> Orange, Fresh <i>1ea</i>	<b>Fruit</b> Orange, Fresh <i>1ea</i>
	<b>Milk</b> Orange Juice, 4 oz. <i>1ea</i>	<b>Grains</b> English Muffin with Jelly <i>1ea</i>	<b>Milk</b> Choice of Milk	<b>Grains</b> Backpacker Oatmeal Bites <i>1pk</i>	<b>Grains</b> Backpacker Oatmeal Bites <i>1pk</i>
	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk	<b>Misc.</b> Fruited Yogurt <i>1-4oz</i>	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk
12		13		14	
American Indian Day	<b>Entree</b> Frosted Flakes <i>1ea</i>	<b>Entree</b> Breakfast Burrito with Taco Sauce <i>1ea</i>	MEA	MEA	MEA
	<b>Fruit</b> Pears in Juice <i>1/2c</i>	<b>Fruit</b> Fresh Banana <i>1ea</i>	<b>Fruit</b> Strawberry Cup <i>1ea</i>		
	<b>Milk</b> Grape juice, 4 oz. <i>1ea</i>	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk		
	<b>Milk</b> Choice of Milk				
19		20		21	
<b>Entree</b> Apple Cinnamon Muffin <i>1ea</i>	<b>Entree</b> Rice Krispies <i>1ea</i>	<b>Entree</b> W.G. Brkfst Tac-Go <i>1ea</i>	<b>Entree</b> Pancakes and Apples <i>2ea/1/4c</i>	<b>Entree</b> Froot Loops Bowl <i>1ea</i>	<b>Entree</b> Froot Loops Bowl <i>1ea</i>
<b>Fruit</b> Strawberry Cup <i>1ea</i>	<b>Fruit</b> Mandarin Oranges in Juice <i>1/2c</i>	<b>Fruit</b> Orange Juice, 4 oz. <i>1ea</i>	<b>Fruit</b> Fresh Banana <i>1ea</i>	<b>Fruit</b> Fresh Apple <i>1ea</i>	<b>Fruit</b> Fresh Apple <i>1ea</i>
<b>Milk</b> Choice of Milk	<b>Grains</b> Bagel with Cream Cheese and Jelly <i>1/2ea</i>	<b>Milk</b> Diced Peaches <i>1/2c</i>	<b>Milk</b> Choice of Milk	<b>Grains</b> Strawberry Soft Oatmeal Bar <i>1ea</i>	<b>Grains</b> Strawberry Soft Oatmeal Bar <i>1ea</i>
<b>Misc.</b> Butter Pat <i>1ea</i>	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk	<b>Misc.</b> Sausage Links <i>1ea</i>	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk
		<b>Misc.</b> Taco Sauce, PC <i>1ea</i>			
26		27		28	
<b>Entree</b> Breakfast Pizza, sausage <i>1ea</i>	<b>Entree</b> Cinnamon Glazed French Toast Stix w/strawberry topping., w.g. <i>1ea/1/4c</i>	<b>Entree</b> Alpha Bits <i>1ea</i>	<b>Entree</b> Colby Cheese Omelet <i>1ea</i>	<b>Entree</b> Frosted Cinnamon Roll <i>1ea</i>	<b>Entree</b> Frosted Cinnamon Roll <i>1ea</i>
<b>Fruit</b> Pineapple Tidbits, in Juice <i>1/2c</i>	<b>Fruit</b> Diced Peaches <i>1/2c</i>	<b>Fruit</b> Fresh Banana <i>1ea</i>	<b>Fruit</b> Fruit Cocktail <i>1/2c</i>	<b>Fruit</b> Grape juice, 4 oz. <i>1ea</i>	<b>Fruit</b> Grape juice, 4 oz. <i>1ea</i>
<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk	<b>Grains</b> Backpacker Oatmeal Bites <i>1pk</i>	<b>Grains</b> English Muffin with Jelly <i>1ea</i>	<b>Grains</b> Orange, Fresh <i>1ea</i>	<b>Grains</b> Orange, Fresh <i>1ea</i>
<b>Misc.</b> Fruited Yogurt <i>1-4oz</i>	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk	<b>Milk</b> Choice of Milk
	<b>Misc.</b> Sausage Patty <i>1ea</i>				

# October 2020

Nay Ah Shing  
K-12 Lunch

						01		02			
						<b>Entree</b> Wild Rice Soup 1c <b>Vegetables</b> Glazed Carrots 1/2c <b>Fruit</b> Fresh Apple 1ea <b>Grains</b> Saltine Crackers 2pk Bosco Breadstick 1ea <b>Milk</b> Milk-Variety		<b>Entree</b> Soft Shell Taco 1ea <b>Vegetables</b> Cheesy Refried Beans 1/2c <b>Fruit</b> Diced Peaches 1/2c <b>Milk</b> Milk-Variety <b>Misc.</b> Sr. Cream/Salsa 1oz/2T			
		05		06		07		08			
<b>Entree</b> Chicken-N-Gravy 1/2c <b>Vegetables</b> Mashed Potatoes 1/2c Gr. Beans 1/2c <b>Grains</b> Bosco Breadstick 1ea <b>Milk</b> Milk-Variety		<b>Entree</b> Beef Stroganoff 1c <b>Vegetables</b> Broccoli Cuts 1/2c <b>Fruit</b> Fresh Apple 1ea <b>Grains</b> Garlic Breadstick 1ea <b>Milk</b> Milk-Variety		<b>Entree</b> Sub Sandwich 1ea <b>Vegetables</b> Baby Carrots w/Dip 1/2c <b>Fruit</b> Kiwi 1ea <b>Grains</b> Whole Grain Rice Krispies Treat 1ea <b>Milk</b> Milk-Variety <b>Misc.</b> Condiments 2pk		<b>Entree</b> Cheesy Dunker Sauce 1/2c <b>Vegetables</b> Italian Blend Vegetable 1/2c <b>Fruit</b> Strawberry Cup 1ea <b>Grains</b> Cheesy Garlic Toast 2ea <b>Milk</b> Milk-Variety		<b>Entree</b> Chicken Corn Dog 1ea <b>Vegetables</b> Sweet Potato Bites 1/2c <b>Fruit</b> Pears in Juice 1/2c <b>Milk</b> Milk-Variety <b>Misc.</b> Hot Dog Condiments 2ea			
12		13		14		15		16			
American Indian Day		<b>Entree</b> Teriyaki Chicken on a Bun 1ea <b>Vegetables</b> Lettuce and Tomato 1/4c/2st Baby Carrots w/Dip 1/2c <b>Fruit</b> Fresh Apple 1ea <b>Milk</b> Milk-Variety		<b>Entree</b> Spaghetti Mac Hotdish 1c <b>Vegetables</b> California Blend Vegetables 1/2c <b>Fruit</b> Pear, fresh 1ea <b>Grains</b> Garlic Toast 1ea <b>Milk</b> Milk-Variety		MEA		MEA			
19		20		21		22		23			
<b>Entree</b> Pepperoni Pizza 1st <b>Vegetables</b> Glazed Carrots 1/2c <b>Fruit</b> Pear, fresh 1ea <b>Milk</b> Milk-Variety		<b>Entree</b> Chicken Tenders 3ea <b>Vegetables</b> Green Peas 1/2c <b>Fruit</b> Kiwi 1ea <b>Grains</b> Macaroni & Cheese 2/3c <b>Milk</b> Milk-Variety <b>Misc.</b> Choice of Dipping Sauces 1pk		<b>Entree</b> Roast Beef with Cheese on a Bun 1ea <b>Vegetables</b> Baked Beans 1/2c <b>Fruit</b> Applesauce 1/2c <b>Desserts</b> Soft & Chewy Chocolate Chip Cookie 1ea <b>Milk</b> Milk-Variety <b>Misc.</b> Condiments 1ea		<b>Entree</b> Mesquite Glazed Drumstick 1ea <b>Vegetables</b> Italian Blend Vegetable 1/2c <b>Fruit</b> Fresh Banana 1ea <b>Grains</b> Bread and Jelly 1ea <b>Milk</b> Milk-Variety		<b>Entree</b> Wild Rice Hotdish 1c <b>Vegetables</b> Broccoli Cuts 1/2c <b>Fruit</b> Mandarin Oranges in Juice 1/2c <b>Grains</b> Dinner Roll w/Butter(1WG) 1ea <b>Milk</b> Milk-Variety			
26		27		28		29		30			
<b>Entree</b> Hotdog/Chili Cheesedog 1ea <b>Vegetables</b> French Fries 1/2c <b>Fruit</b> Strawberry Cup 1ea <b>Milk</b> Milk-Variety <b>Misc.</b> Hot Dog Condiments 2pk		<b>Entree</b> Tangerine Chicken 1serv <b>Vegetables</b> Broccoli Cuts 1/2c <b>Fruit</b> Mandarin Oranges in Juice 1/2c <b>Grains</b> Brown Rice 1/4c Vegetable Egg Roll WG 1ea <b>Milk</b> Milk-Variety		<b>Entree</b> Cheese Pizza Round 1ea <b>Vegetables</b> California Blend Vegetables 1/2c <b>Fruit</b> Fruit Cocktail 1/2c <b>Grains</b> Confetti Cookie 1ea <b>Milk</b> Milk-Variety		<b>Entree</b> Wild Rice Soup 1c <b>Vegetables</b> Glazed Carrots 1/2c <b>Fruit</b> Fresh Apple 1ea <b>Grains</b> Saltine Crackers 2pk Bosco Breadstick 1ea <b>Milk</b> Milk-Variety		<b>Entree</b> Soft Shell Taco 1ea <b>Vegetables</b> Cheesy Refried Beans 1/2c <b>Fruit</b> Diced Peaches 1/2c <b>Milk</b> Milk-Variety <b>Misc.</b> Sr. Cream/Salsa 1oz/2T			