

October 2021

East Bernstadt Independent School

MONDAY

DID YOU KNOW?

National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



BBQ Sandwich, Sandwich, Chef Salad, Steamed Broccoli or Mashed Pot., Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

Chicken Tenders, Sandwich, Chef Salad, Steamed Broccoli or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

Hamburger or Cheeseburger, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Green Beans, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

Chicken Nuggets Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

Baked Ham, Sandwich, Chef Salad, Steamed Broccoli or Mashed Pot., Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

Chicken Bites, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

Spaghetti w/Meat Sauce, Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Toast
Var. of Milk

Little Caesars Pizza, Sandwich, Chef Salad, Corn or Green Beans, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

FALL
BREAK

FALL
BREAK

Chicken Tenders, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

BBQ Sandwich, Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

Little Caesars Pizza, Sandwich, Chef Salad, Corn or Green Beans, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

Hot Dog & Chili, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

Chili/Chips/Cheese, Sandwich, Taco Salad, Broccoli & Cheese or Refried Beans, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Baked Scoops
Var. of Milk

Chicken Nuggets, Sandwich, Chef Salad, Steamed Broccoli or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

Mini Corn Dog, Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Green Beans, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Crust
Var. of Milk

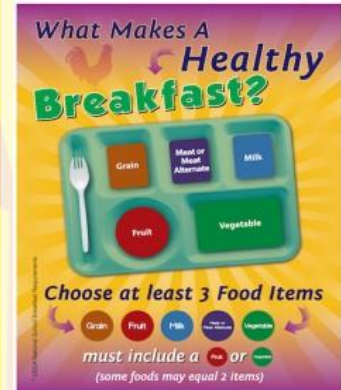
Hamburger or Cheeseburger, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

Baked Ham, Sandwich, Chef Salad, Steamed Broccoli or Mashed Pot., Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

MENU SUBJECT TO CHANGE
School Breakfast and Lunch Programs are facing extreme difficulties with the food supply chain at this time. Menu changes may occur without notice.

	Elementary & Middle	Adults
Breakfast	\$0.00	\$2.75
Lunch	\$0.00	\$4.00

Students must choose $\frac{1}{2}$ cup fruit daily at breakfast and $\frac{1}{2}$ cup fruit or $\frac{1}{2}$ cup vegetable daily at lunch.



This institution is an equal opportunity Provider.