

OCTOBER 2020

EAST BERNSTADT INDEPENDENT SCHOOL

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

Monday

Tuesday

Wednesday

Thursday

Friday

Chicken Tenders, Sandwich, Broccoli & Cheese, Fruit Cup, Fresh Fruit or 100% Fruit Juice Roll
Var. of Milk **5**

Spaghetti w/Meat Sauce, Sandwich, Baked Beans, Fruit Cup, Fresh Fruit, 100 % Fruit Juice WG Toast
Var. of Milk **6**

Chicken Patty, Sandwich, Fries, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **7**

Cheese or Pepp. Pizza, Sandwich, Corn, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **1**

Chicken Fajita w/Mex Rice Sandwich, Green Beans, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **2**

Chicken Nuggets, Sandwich, Broccoli & Cheese, Fruit Cup, Fresh Fruit or 100% Fruit Juice Roll
Var. of Milk **12**

Hamburger or Cheeseburger, Sandwich, Fries, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **13**

Corn Dogs, Sandwich, Baked Beans, Fruit Cup, Fresh Fruit or 100 % Fruit Juice Baked Cheetos
Var. of Milk **14**

FALL BREAK **8**

FALL BREAK **9**

Cheese or Pepp. Pizza, Sandwich, Corn, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **15**

Chicken Fajita w/Mex Rice Sandwich, Green Beans, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **16**

Chicken Tenders, Sandwich, Broccoli & Cheese, Fruit Cup, Fresh Fruit or 100% Fruit Juice Roll
Var. of Milk **19**

Chicken Patty, Sandwich, Fries, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **20**

Hot Dog, Sandwich, Baked Beans, Fruit Cup, Fresh Fruit or 100% Fruit Juice Baked Doritos
Var. of Milk **21**

Cheesy Bread, Sandwich, Corn, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **22**

Chicken Bites, Sandwich, Mashed Pot., Fruit Cup, Fresh Fruit or 100% Fruit Juice Roll
Var. of Milk **23**


Chicken Nuggets, Sandwich, Broccoli & Cheese, Fruit Cup, Fresh Fruit or 100% Fruit Juice Roll
Var. of Milk **26**

Hamburger or Cheeseburger, Sandwich, Fries, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **27**

Corn Dogs, Sandwich, Baked Beans, Fruit Cup, Fresh Fruit or 100 % Fruit Juice Baked Cheetos
Var. of Milk **28**

Cheese or Pepp. Pizza, Sandwich, Corn, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **29**

Chicken Fajita w/Mex Rice Sandwich, Green Beans, Fruit Cup, Fresh Fruit or 100% Fruit Juice Scooby Crackers
Var. of Milk **30**

 Students must choose ½ cup fruit daily at breakfast and ½ cup fruit or ½ cup vegetable daily at lunch.
This menu is subject to change based on available food items.