

October 2022

East Bernstadt Independent School

10046815

MONDAY

3
Chicken Tenders, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

10
Chicken Bites Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

17
Chicken Nuggets, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

24
Chicken Tenders, Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

31
Chicken Bites Sandwich, Chef Salad, Broccoli & Cheese or Carrots, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

TUESDAY

4
Spaghetti w/Meat Sauce, Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Toast
Var. of Milk

11
Grilled Cheese/Soup Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bread
Var. of Milk

18
Corn Dog, Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

25
Spaghetti w/Meat Sauce, Sandwich, Chef Salad, Baked Beans or Peas, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Toast
Var. of Milk

WEDNESDAY

5
Little Caesars Pizza, Sandwich, Chef Salad, Corn or Toss Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

12
Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Toss Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Crust
Var. of Milk

19
Little Caesars Pizza, Sandwich, Chef Salad, Corn or Toss Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
Var. of Milk

26
Cheese or Pepp. Pizza, Sandwich, Chef Salad, Corn or Toss Salad, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Crust
Var. of Milk

THURSDAY

6
Hot Dog & Chili, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

13
FALL BREAK

20
Hamburger or Cheeseburger, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

27
Hot Dog & Chili, Sandwich, Chef Salad, Fries or Sweet Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Cookie
Var. of Milk

FRIDAY

7
Chicken Patty Sandwich, Sandwich, Chef Salad, Green Beans or Scalloped Potatoes, Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Bun
Var. of Milk

14
FALL BREAK

21
Meatloaf, Sandwich, Chef Salad, Green Beans or Mashed Pot., Fruit Cup, Fresh Fruit, 100% Fruit Juice
WG Roll
Var. of Milk

28
Chicken w/Gravy Sandwich, Chef Salad Hash Brown or Green Beans, Baked Apples, Fresh Fruit, 100% Fruit Juice
WG Biscuit
Var. of Milk

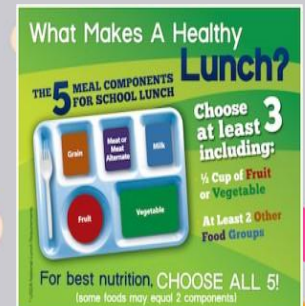
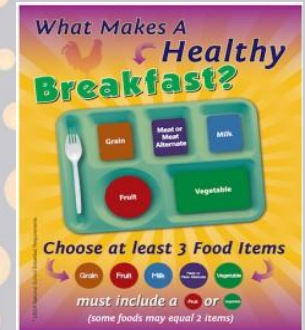
MENU SUBJECT TO CHANGE School Breakfast and Lunch Programs are facing extreme difficulties with the food supply chain at this time. Menu changes may occur without notice.

Elementary & Middle

Adults

Breakfast	\$0.00	\$3.00
Lunch	\$0.00	\$5.00

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.



Did you know?

October has two strikingly different birth flowers: the pastel-hued cosmos, and the radiant marigold.

