



October 2020 IN SCHOOL Menu

Henry W. Moore School

This menu meets the USDA guidelines for the National School Lunch Program
Menu is subject to change without notice due to product availability

School Meals Are Free until 12/31/20 or until the funds run out whichever comes first. If you feel you qualify for free meals please submit an application as soon as possible for a seamless transition when we return to the National School Lunch Program

Monday

Tuesday

Wednesday

Thursday

Friday

5

Breakfast Sandwich
Sausage, Egg and Cheese
or
Turkey and Cheese Sub

Baked Beans
Carrots w/ Ranch
Fruit
Milk

6

Chicken Patty On Roll
or
Build Your own Pizza Munchable

Corn
Fruit
Milk

7

Chicken Caesar Pasta Salad
With Pretzel
or
Ham and Cheese on Pretzel Roll

Chickpea Salad
Fruit
Milk

1

Tony's Round Pizza
Or
Tuna Sub

8

Stuffed Crust Pizza
or
Bagel /Yogurt Munchable Meal

Garden Side Salad
Fruit
Milk

2

No School

9

Chicken Tenders With BBQ sauce
or
Teriyaki Chicken Salad
With Roll

Tator Tots
Fruit
Milk

12

No School

13

Cheeseburger On Roll
or
Build Your Own Pizza Munchable

Potato salad
Broccoli
Fruit
Milk

14

Garlic French Bread
or
Crispy BBQ Chicken Salad
With Roll

Tomato and Cucumber Salad
Fruit
Milk

15

French Bread Cheese Pizza
or
Bagel/Yogurt Munchable Meal

Garden Side Salad
Fruit
Milk

16

Hot Dog on Roll
or
Turkey and Cheese Sub

Baked beans
Green Beans
Fruit
Milk

19

French Toast Sticks
Sausage Links, Home Fries
Warm Cinnamon Apples
or
Italian Sub
Crispy Veggies
Fruit
Milk

20

Turkey Taco Nachos
Lettuce, Salsa, Cheese
or
Build Your Own Pizza Munchable

Corn and Black Bean Salad
Fruit
Milk

21

Mozzarella Sticks with Marinara
or
Grilled Chicken Salad with Roll

Chocolate Chip Cookie
Green Beans
Fruit
Milk

22

Personal Cheese Pizza
or
Bagel/Yogurt Munchable

Side Garden Salad
Fruit
Milk

23

Chicken Nuggets
W/sweet and sour sauce
or
Build Your Own Chicken Caesar Wrap

Sweet Potato Fries
Fruit
Milk

26

Cinnamon Roll
Scrambled Eggs
or
Turkey BLT Sandwich
Hash brown
Red Pepper Strips
Fruit
Milk

27

Grilled Chicken Sandwich
With Lettuce and Tomato
or
Build your Own Pizza Munchable

Crispy Broccoli
Fruit
Milk

28

Wild Mikes Cheesy Pizza Bites
With Marinara

Crispy Chicken Salad With Roll

Green Beans
Fruit
Milk

29

Tony's Round Pizza
or
Bagel/Yogurt Munchable Meal

Side Garden Salad
Fruit
Milk

30

Corndog
or
Tuna Sandwich

Onion Ring and Three bean Salad
Fruit
Milk

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