

Effingham Unit #40 Elementary Menu

October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Chicken Fries, Green Beans, Fruit, Gripz Grahams, Milk	2 Cheese Pizza Slice, Garden Salad, Fruit, Cookie, Milk	3
4	5 Chicken Ranch Wrap, Corn, Baby Carrots, Fruit, Milk	6 Corn Dog, French Fries, Fruit, Milk	7 Spaghetti w/Meat Sauce, Green Beans, Fruit, Breadstick, Milk	8 Beef Nachos w/Cheese & Salsa, Cheesy Refried Beans, Fruit, Milk, Cookie	9 Teacher Institute No School	10
11	12 Columbus Day No School	13 Hamburger on Bun, Pork & Beans, Baby Carrots, Fruit, Milk	14 Biscuit & Gravy, Sausage Patty, String Cheese, Hash Brown, Fruit, Milk	15 BBQ Pork Sandwich, Lettuce Salad, French Fries, Fruit, Milk	16 Cheese Pizza Slice, Garden Salad, Fruit, Cookie, Milk	17
18	19 Chicken Nuggets, Broccoli w/Cheese Sauce, Fruit, Elf Grahams, Milk	20 Hot Dog on Bun, Baked Beans, Fruit, Goldfish Pretzels, Milk	21 Chicken Tenders, Corn, Fresh Veggie Cup, Fruit, Milk	22 Deli Ham & Cheese Sandwich, Baby Carrots, Fruit, Sun Chips, Milk	23 Bosco Stick w/Sauce, Garden Salad, Fruit, Cookie, Milk	24
25	26 Hamburger on Bun, Smiles, Fruit, Milk	27 Sausage Patties, French Toast Sticks, Baked Bean Fiesta, Milk	28 Deli Turkey & Cheese Sandwich, Lettuce Salad, Sweet Potato Fries, Fruit, Milk	29 Chicken Nachos w/Cheese & Salsa, Green Beans, Fruit, Milk	30 Cheese Pizza Slice, Garden Salad, Fruit, Cookie, Milk	31

October Breakfast

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Milk, fruit, & juice offered with each breakfast.				1 Cereal & Toast Or Sausage Patty & French Toast Sticks	2 Cereal & Toast Or Mini Cinnis	3
4	5 Cereal & Toast Or Pancakes & Syrup	6 Cereal & Toast Or Breakfast Pizza	7 Cereal & Toast Or Biscuit & Gravy	8 Cereal & Toast Or Soft Filled Breakfast Bar	9 No School	10
11	12 No School	13 Cereal & Toast Or Yogurt & Muffin	14 Cereal & Toast Or Breakfast Stick	15 Cereal & Toast Or Sausage Patty & French Toast Sticks	16 Cereal & Toast Or Mini Cinnis	17
18	19 Cereal & Toast Or Pancakes & Syrup	20 Cereal & Toast Or Breakfast Pizza	21 Cereal & Toast Or Biscuit & Gravy	22 Cereal & Toast Or Soft Filled Breakfast Bar	23 Cereal & Toast Or Sausage & Cheese Biscuit	24
25	26 Cereal & Toast Or Waffles & Syrup	27 Cereal & Toast Or Yogurt & Muffin	28 Cereal & Toast Or Breakfast Stick	29 Cereal & Toast Or Sausage Patty & French Toast Sticks	30 Cereal & Toast Or Mini Cinnis	31