



# OCTOBER | 2018

## L Hollingworth School Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Orange Juice WG Breakfast Bar Milk	2 Pear WG Cereal WG Granola Bar Milk	3 Banana WG Frudel Milk	4 Apple WG Donuts Milk	5 Orange Juice WG Pancake and Sausage On a Stick Syrup Milk
8 Orange Juice WG Cereal WG Oatmeal Bar Milk	9 Pear WG Pop tart Milk	10 Banana WG Bagel Cream Cheese Milk	11 Apple WG Cinnamon Roll Milk	12 Orange Juice WG French Toast Sticks Syrup Milk
15 Orange Juice WG Cereal WG Granola Bar Milk	16 Pear WG Frudel Milk	17 Banana WG Donuts Milk	18 Apple WG Breakfast Bread Milk	19 Orange Juice Ham and Egg Frittata WG Biscuit Milk
22 Orange Juice WG Pop tart Milk	23 Pear WG Cinnamon Rolls Milk	24 Banana WG Frudel Milk	25 Apple WG Honey Bun Milk	26 <b>NO SCHOOL – TEACHER WORK DAY</b>
29 Orange Juice WG Cereal WG Oatmeal Bar Milk	30 Pear WG Breakfast Bread Milk	31 Banana WG Bagel Cream Cheese Milk		

### Breakfast Times

7:30am – 7:50am

### Fruit

Grades K-8 1 cup daily  
And 5 Cups Weekly

### Grains

Grades K-5 7-10oz Weekly  
Minimum 1oz Daily  
Grades 6-8 8-10oz Weekly  
Minimum 1oz Daily

### Milk

1cup 1% or Fat Free



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## L Hollingworth School Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Cheese Bread sticks Marinara Cup Buttered Corn Pear Milk	<b>2</b> Baked Potato with butter Steamed Broccoli with Cheese sauce Yogurt Cup String Cheese WG Biscuit Banana Milk	<b>3</b> Buffalo Chicken Sandwich Baby Carrots with Ranch Baked Beans Apple Sauce Milk	<b>4</b> Meatball Sub American Cheese Potato Wedges Celery Sticks with Ranch Orange Sections Milk	<b>5</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
<b>8</b> Chicken Tenders Steamed Cauliflower Tossed Salad FF Dressing Pear Milk	<b>9</b> Egg, Sausage and Cheese WG English Muffin Cubed Hash browns Banana Milk	<b>10</b> Salisbury Steak Mashed Potato Bites Baby Carrots with Ranch Strawberries Milk	<b>11</b> Cheeseburger WG Bun Baked Beans Juice For U Orange Sections Milk	<b>12</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Apple WG Cookie Milk
<b>15</b> Chicken Nuggets Cooked Carrots WG Roll Apple Sauce Milk	<b>16</b> Sloppy Joe WG Bun Mashed Potato Bites Cucumbers with Ranch Banana Milk	<b>17</b> Chicken Patty Sandwich WG Bun Cheesy Potatoes Celery Sticks with Ranch Juice Box Milk	<b>18</b> Walking Taco WG Doritos Lettuce, Tomato, Cheese Salsa and Sour Cream Refried Beans Pear Milk	<b>19</b> Pizza Tossed Salad Grape Tomatoes FF Dressing Sliced Peaches WG Cookie Milk
<b>22</b> Lasagna Roll up Green Beans WG Breadstick Apple Milk	<b>23</b> Cheese Quesadilla Salsa and Sour Cream Refried Beans Corn Banana Milk	<b>24</b> BBQ Chicken Breast WG Corn Bread Broccoli Cucumber Slices with Ranch Sidekick Milk	<b>25</b> Hot Dog WG Bun French Fries Ketchup Steamed Carrots Pear Milk	<b>26</b> No School – Teacher Work Day
<b>29</b> Corn Dog Cooked Carrots Tossed Salad FF Dressing Juice Box Milk	<b>30</b> Pepperoni Calzone California Blend Banana Milk	<b>31</b> Cheese Omelet Biscuit Cubed hash Browns Broccoli Apple Milk		

**Lunch Times**  
 11:00am – 11:30am  
 11:35am – 12:05pm  
 12:10pm – 12:40pm

**Meat/Alternate**  
 Grades k-5 8 oz. Weekly  
 Minimum 1oz per day  
 Grades 6-8, 9 oz. weekly  
 Minimum 1oz per day

**Grain/Bread**  
 Grades k-5 8 oz. weekly  
 Minimum 1oz per day  
 Grades 6-8 8 oz. weekly  
 Minimum 1oz per day

**Fruit**  
 Grades k-8 ½ cup Daily and 2 ½ cups weekly

**Vegetable**  
 Grades k-8, ¾ cup Daily and 3 ¾ cups weekly

**Milk**  
 1 cup 1% or Fat Free