

OCTOBER GRAB N GO MENU 2020

Monday

Tuesday

Wednesday

Thursday

Friday

TORNADO SUPREME OMLETTE 5
 FRESH ORANGES
 MILK
 GRILLED CHEESE SANDWICH
 CARROTS & BROCCOLI
 FRESH DELICIOUS APPLE
 MILK

BAGEL BAKERY BAGEL 6
 CREAM CHEESE
 FRESH CANTELOUP
 MILK
 CRUNCHY CHICKEN TENDERS
 BAKED POTATO FRIES
 PINEAPPLE
 MILK

EGG CHEESE, SAUSAGE, POTATO 7
 BURRITO
 TANGERINE JUICE
 MILK
 TURKEY & SWISS SANDWICH
 CELERY STICKS
 FRESH FRUIT/MILK

BLUEBERRY PANCAKE BOWL 1
 APPLESAUCE
 MILK
 PIZZA MY HEART
 FRESH BELL PEPPERS
 NECTARINES /MILK

VANILLA YOGURT, GRANOLA AND 2
 FRESH BERRIES
 MILK
 CHICKEN BEAN & RICE BURRITO
 TORTILLA CHIPS & SALSA
 GRAPES/MILK

TRIPLE BERRY FRENCH TOAST 12
 BANANA
 MILK
 CHICKEN TERIYAKI RICE BOWL
 MIXED VEGETABLES
 PINEAPPLE
 MILK

CINNAMON RAISIN BAGEL 13
 CREAM CHEESE
 FRESH APPLE SLICES/ MILK
 PEANUT BUTTER & JELLY SANDWICH
 FRESH APPLE SLICES
 CELERY STICKS
 MILK

YOGURT GRANOLA BAR 14
 FRESH FRUIT MILK
 TURKEY SUB ON ARTISAN ROLL
 LETTUCE & TOMATO/CUCUMBERS
 CARROTS
 FRESH HONEYCRISP APPLE
 MILK

BLUEBERRY MUFFIN 8
 CHEESE STICK
 FRESH MELON/MILK
 PIZZA MY HEART
 ZUCCHINI COINS
 FRESH PEAR
 MILK

CHERRY STRUDEL 9
 BANANA
 MILK
 RAVIOLI W/PESTO SAUCE
 BREADSTICK
 SALAD/FRESH FRUIT
 MILK

WHOLEGRAIN CEREAL 19
 BANANA
 MILK
 LASAGNA
 GREEN SALAD
 ITALIAN BREAD
 FRESH FRUIT

BAGEL BAKERY BAGEL 20
 CREAM CHEESE
 FRESH MELON/ MILK
 HAMBURGER SLIDERS
 BAKED POTATO FRIES
 HONEYCRISP APPLE
 MILK

FRENCH TOAST 21
 FRESH BERRIES
 MILK
 BEAN AND CHEESE BURRITO
 TORTILLA CHIPS & SALSA
 JICAMA /ORANGES
 MILK

SCRAMBLED EGGS 15
 BACON MINI CROISSANT
 ORANGE JUICE MILK
 PIZZA MY HEART
 ROMAINE SALAD/GRAPE
 TOMATOES
 FRESH PEACH/NECTARINE

CINNAMON TOAST CRUNCH 16
 BANANA
 MILK
 MACARONI % CHEESE
 BROCCOLI FLORETS
 GRAHAM CRAX, APPLESAUCE
 MILK

MAPLE PANCAKES 26
 SAUSAGE
 ORANGE JUICE, MILK
 FISH STICKS
 TATER TOTS
 ZUCCHINI
 GRAPES
 MILK

BAGEL 27
 CREAM CHEESE
 FRESH APPLE SLICES/ MILK
 CHEESE QUESADILLA/SALSA
 FRESH SALAD
 FRESH PEAR
 MILK

WHOLEGRAIN CEREAL 28
 BANANA
 MILK
 EISENBERG ALL BEEF NO NITRATE
 MINI HOT DOGS
 CUCUMBERS/CARROTS
 GOLDEN DELICIOUS APPLE
 MILK

OATMEAL W/MIXED NUTS 22
 RAISINS
 MILK
 PIZZA MY HEART
 FRESH BELL PEPPERS
 PINEAPPLE /MILK

YOGURT, GRANOLA BAR 23
 FRESH BERRIES
 MILK
 DELI SANDWICH
 LETTUCE/TOMATO
 FRESH APPLE
 MILK

BREAKFAST BURRITO 29
 ORANGE SLICES
 MILK
 PIZZA MY HEART
 TRICOLOR BELL PEPPERS
 FRESH CANTELOUPE
 MILK

PUMPKIN BREAD 30
 FRESH BLACKBERRIES
 MILK
 ORANGE CHICKEN & RICE BOWL
 MIXED VEGETABLES
 FORTUNE COOKIE
 FRESH PINEAPPLE
 MILK



MEALS ARE FREE TO ALL CHILDREN UNDER 18

Meal packages containing 7 days of breakfasts and lunches will be provided at locations listed on our website at: <https://www.carmelunified.org/domain/20>