**TUESDAY**

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was planted by the pilgrims when they came to the United States from Europe. It takes about 36 apples to make 1 gallon of apple cider. Apple trees can live to be about 100 years old.

**Choice of Milk with Breakfast & Lunch:**
- *Indicates Pork Product
- **1% White, Fat Free, Chocolate, Lactose Free Soy Milk**

This institution is an equal opportunity provider. Menu subject to change.

### Menu Choices:

- **Breakfast:**
  - *Entree:*
  - *Veggies (Pick 2):*
  - *Juice:*
  - *Milk:*

**Lunch:**

1. **Pick 3 For Free:** Fruit, Veggie, & Milk

Brought a Lunch From Home? Pick 3 For Free: Fruit, Veggie, & Milk

October 11 - 15 is National School Lunch Week!

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Blueberry Muffin &amp; Omelet OR Pick 2: Cereal, Fresh Blueberry Muffin, Yogurt Fruit, Juice &amp; Milk</td>
<td>Donut Holes &amp; Yogurt OR Pick 2: Cereal, Pop Tart, Yogurt Fruit, Juice &amp; Milk</td>
<td>Chicken &amp; Biscuit OR Pick 2: Cereal, Cinnamon Toast Bar, Yogurt Fruit, Juice &amp; Milk</td>
<td>Chicken &amp; Mini Waffle OR Pick 2: Cereal, Cinnamon Toast Bar, Yogurt Fruit, Juice &amp; Milk</td>
<td>Sausage* Biscuit OR Pick 2: Cereal, Nutrigrain Bar, Yogurt Fruit, Juice &amp; Milk</td>
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<tr>
<td>Fiesta Bowl &amp; Cornbread Egg &amp; Cheese Salad Nacho Box Yogurt &amp; Cheese Combo Tossed Salad w/Ranch Chilled Black Bean Salad Celery Sticks &amp; Grape Tomatoes Fresh Apple &amp; Sliced Peaches</td>
<td>Chicken Drumstick &amp; Cornbread Egg &amp; Cheese Salad Nacho Box WOW Sandwich Combo Broccoli Salad Baked Beans Red Bell Pepper &amp; Crispy Carrots Blueberries &amp; Cream OR Natural Applesauce</td>
<td>Savory Green Beans Whole Kernel Corn Red Bell Pepper &amp; Crispy Carrots Fresh Orange OR Juicy Freeze</td>
<td>Dutch Waffle OR Pick 2: Cereal, Banana Muffin, Yogurt Fruit, Juice &amp; Milk</td>
<td>Bean &amp; Cheese Taco OR Pick 2: Cereal, Cinnamon Toast Bar, Yogurt Fruit, Juice &amp; Milk</td>
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<td>Cereal, Fresh Blueberry Muffin, Yogurt Fruit, Juice &amp; Milk</td>
<td>Chicken Drumstick &amp; Cornbread Egg &amp; Cheese Salad Nacho Box WOW Sandwich Combo Broccoli Salad Baked Beans Red Bell Pepper &amp; Crispy Carrots Blueberries &amp; Cream OR Natural Applesauce</td>
<td>Chicken &amp; Biscuit OR Pick 2: Cereal, Cinnamon Toast Bar, Yogurt Fruit, Juice &amp; Milk</td>
<td>Chicken &amp; Biscuit OR Pick 2: Cereal, Pop Tart, Yogurt Fruit, Juice &amp; Milk</td>
<td>Cinnamon Cream Twist OR Pick 2: Cereal, Nutrigrain Bar, Yogurt Fruit, Juice &amp; Milk</td>
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<tr>
<td>Frankie &amp; Coke OR Pick 2: Chicken Drumstick &amp; Cheese Capri Sun &amp; Granola Bar</td>
<td>Chicken Drumstick &amp; Cornbread Egg &amp; Cheese Salad Nacho Box WOW Sandwich Combo Broccoli Salad Baked Beans Red Bell Pepper &amp; Crispy Carrots Blueberries &amp; Cream OR Natural Applesauce</td>
<td>Pork &amp; Cheese Tamales* Chicken Chef Salad Egg &amp; Cheese Combo Pinto Beans</td>
<td>Pan Dulce OR Pick 2: Cereal, Nutrigrain Bar, Yogurt Fruit, Juice &amp; Milk</td>
<td>French Toast Sticks OR Pick 2: Cereal, Cinnamon Toast Bar, Yogurt Fruit, Juice &amp; Milk</td>
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<td>Donut Holes &amp; Yogurt OR Pick 2: Cereal, Pop Tart, Yogurt Fruit, Juice &amp; Milk</td>
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<td>Cheese Enchilada w/Chili and Spanish Rice Pinto Beans</td>
<td>Cheese Bagels OR Pick 2: Cereal, Cinnamon Toast Bar, Yogurt Fruit, Juice &amp; Milk</td>
<td>Pepperoni Pizza* Cheese Pizza Crispy Chicken Salad Nacho Box WOW Sandwich Combo Tater Tots</td>
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