

OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Apple Cinnamon Loaf Apple Milk	Honey Wheat Bagel Cream Cheese Orange 100% Fruit Juice Milk	Triple Berry Crunch Bar Banana 100% Fruit Juice Milk	Zee Zee's G Force Bar Applesauce 100% Fruit Juice Milk
7	8	9	10	11
Granola Bar Cheese Stick Pineapple Tidbits 100% Fruit Juice Milk	Banana Loaf Apple Milk	Pop Tarts Craisins 100% Fruit Juice Milk	Blueberry Muffin Pear 100% Fruit Juice Milk	Brownie Bite Applesauce 100% Fruit Juice Milk
14	15	16	17	18
Cereal Elf Graham Fruit cup 100% Fruit Juice Milk	Blueberry Loaf Apple Milk	Honey Wheat Bagel Cream Cheese Oranges 100% Fruit Juice Milk	Yogurt Parfait 100% Fruit Juice Milk	Cinnamon Bun Applesauce 100% Fruit Juice Milk
21	22	23	24	25
Cereal Yogurt Applesauce Juice Milk	Apple Cinnamon Loaf Apple Milk	Pop Tarts Craisins 100% Fruit Juice Milk	Strawberry Muffin Pear 100% Fruit Juice Milk	No School
28	29	30	31	
Granola Bar Cheese Stick Peaches 100% Fruit Juice Milk	French Toast Crunch Bar Apple Milk	Honey Wheat Bagel Cream Cheese Oranges 100% Fruit Juice Milk	Pumpkin Bread Slice Banana 100% Fruit Juice Milk	

EAST SHORE LEADERSHIP ACADEMY K TO 3 BREAKFAST


This institution is an equal opportunity provider. All breakfasts include Milk, Fruits & or Vegetables, Bread or Bread Equivalent (Menu is subject to change) Milk Offered: Low Fat White and Fat Free Chocolate

Breakfast is served every day school is in session- 7:40 AM to 8:00 AM in the School Cafeteria. All children eat free.



OCTOBER



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Comfort Bowl- Popcorn Chicken with Mashed Potatoes and Corn Applesauce Milk	Pizza Romaine Lettuce Banana Milk	Mini Turkey Corn Dogs Carrots Apple Milk	Chicken Alfredo Pasta Whole Wheat Roll Mixed Vegetables 100% Fruit Juice Milk
7	8	9	10	11
All Beef Chili Dog on a Whole Wheat Bun White Bean Potato Salad 100% Fruit Juice Milk	BBQ Chicken on Whole Wheat Bun Potato Wedges Applesauce Milk	Pizza Romaine Lettuce Banana Milk	Beef and Cheese Taco Carrots Apple Milk	Meatball Sub with Marinara Green Beans Mandarin Oranges Milk
14	15	16	17	18
BBQ Beef Riblet on a Whole Wheat Bun Baked Beans 100% Fruit Juice Milk	Chicken Tenders Oven Brown Potato Bites Grapes Milk	Pizza Romaine Lettuce Banana Milk	Chicken Parm Sub Carrots Apple Milk	Chicken and Veggie Rice Bowl Whole Wheat Roll 100% Fruit Juice Milk
21	22	23	24	25
Chicken Patty on a Whole Wheat Bun Baked Beans 100% Fruit Juice Milk	Chicken Nuggets Oven Brown Potato Bites Applesauce Milk	Pizza Romaine Lettuce Banana Milk	Walking Taco Carrots Apple Milk	No School
28	29	30	31	
All Beef Cheeseburger on a Whole Wheat Bun Baked Beans 100% Fruit Juice Milk	All Beef Swedish Meatballs Whole Wheat Roll Mashed Potatoes Applesauce Milk	Pizza Romaine Lettuce Banana Milk	Turkey and Cheese Sub Carrots Apple Milk	

EAST SHORE LEADERSHIP ACADEMY K TO 3 LUNCH

This institution is an equal opportunity provider. All lunches include Milk, Fruits & or Vegetables, Bread or Bread Equivalent, Meat or Meat equivalent (Menu is subject to change)
Milk Offered: Fat Free Chocolate and Low Fat White

Breakfast is served every day school is in session- 7:40 AM to 8:00 AM in the School Cafeteria. All children eat free.