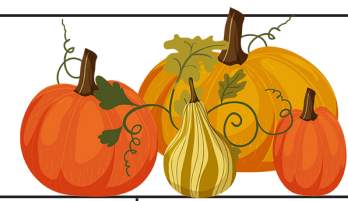


OCTOBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chicken and Cheese Taco Carrots, Apple Milk	2 Chicken Nuggets Mixed Vegetable, Mandarin Oranges, Milk
5	6	7	8	9
Chicken Patty on a Whole Wheat Bun Baked Beans 100% Fruit Juice, Milk	All Beef Hot Dog on a Whole Wheat Bun Oven Brown Potato Bites Pineapple Tidbits, Milk	Pizza Romaine Lettuce Banana Milk	Beef & Cheese Nachos Carrots Apple, Milk	Cheeseburger Mac Mixed Vegetables Applesauce, Milk
12	13	14	15	16
All Beef Hamburger on a Whole Wheat Bun Baked Beans 100% Fruit Juice, Milk	BBQ Meatballs Whole Wheat Roll Corn Pear, Milk	Pizza Romaine Lettuce Banana Milk	Turkey and Cheese Sandwich Carrots Apple, Milk	Chicken Tenders Mixed Vegetables Mandarin Oranges, Milk
19	20	21	22	23
Sloppy Joe on a Whole Wheat Bun Ranchero Beans 100% Fruit Juice, Milk	Chicken n' Biscuits Mashed Potatoes Pineapple Tidbits, Milk	Pizza Romaine Lettuce Banana Milk	Beef and Bean Chili Whole Wheat Crackers Carrots Apple, Milk	Chicken Nuggets Mixed Vegetables Applesauce, Milk
26	27	28	29	30
All Beef Hot Dog on a Whole Wheat Bun Baked Beans 100% Fruit Juice, Milk	Swedish Meatballs Whole Wheat Roll Mashed Potatoes, Pear, Milk	Pizza Romaine Lettuce Banana Milk	Turkey and Cheese Sandwich Carrots, Apple, Milk	Spicy Chicken Tenders Mixed Vegetables, Mandarin Oranges, Milk

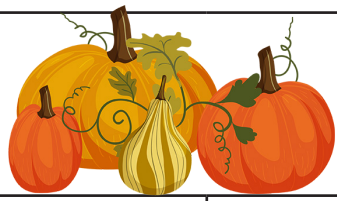
EAST SHORE LEADERSHIP ACADEMY K-8

LUNCH

Provided by
CJ's Catering & Food Service

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





OCTOBER 2020



Monday	Tuesday	Wednesday	Thursday 1	Friday 2
			Cereal Banana Craisins Milk	Powdered Donut Holes Apple Milk
5	6	7	8	9
Mini Muffin Graham Cracker Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Honey Wheat Bagel Cream Cheese Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Granola Bar Apple Milk
12	13	14	15	16
Mini Muffin Graham Cracker Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Strawberry Creamy Cheese Mini Bagels Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Blueberry Snack'n Loaf Apple Milk
19	20	21	22	23
Mini Muffin Graham Cracker Mixed Fruit Cup 100% Fruit Juice Milk	Cereal Apple Milk	Honey Wheat Bagel Cream Cheese Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Granola Bar Apple Milk
26	27	28	29	30
Mini Muffin Graham Cracker Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Cinnamon Creamy Cheese Mini Bagels Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Blueberry Snack'n Loaf Apple Milk

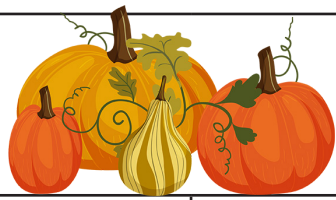
EAST SHORE LEADERSHIP ACADEMY K-8

BREAKFAST

Provided by
CJ's Catering & Food Service

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OCTOBER 2020



Monday	Tuesday	Wednesday	Thursday 1	Friday 2
			Albie's Wowbutter & Jelly Sandwich Carrots, Apple Milk	Mostacioli Broccoli Florets, Mandarin Oranges, Milk
5	6	7	8	9
Quesadilla Baked Beans 100% Fruit Juice, Milk	Grilled Cheese Oven Brown Potato Bites Pineapple Tidbits, Milk	Pizza Carrots Banana Milk	All Beef Hamburger Carrots Apple, Milk	Mostacioli Broccoli Florets Applesauce, Milk
12	13	14	15	16
Chicken Enchilada Bake Baked Beans 100% Fruit Juice, Milk	Bean and Cheese Burrito Corn Pear, Milk	Pizza Carrots Banana Milk	Albie's Wowbutter & Jelly Sandwich Carrots Apple, Milk	Mostacioli Broccoli Florets Mandarin Oranges, Milk
19	20	21	22	23
Chicken and Cheese Quesadilla Ranchero Beans 100% Fruit Juice, Milk	Grilled Cheese Oven Brown Potato Bites Pineapple Tidbits, Milk	Pizza Carrots Banana Milk	All Beef Hamburger Carrots Apple, Milk	Macaroni and Cheese Broccoli Florets Applesauce, Milk
26	27	28	29	30
Chicken Enchilada Bake Baked Beans 100% Fruit Juice, Milk	Bean & Cheese Burrito Corn, Pear, Milk	Pizza Carrots Banana Milk	Albie's Wowbutter & Jelly Sandwich Carrots, Apple, Milk	Mostacioli Broccoli Florets, Mandarin Oranges, Milk

**EAST SHORE
LEADERSHIP
ACADEMY**

**OFF-SITE
LUNCH**

Provided by
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OCTOBER 2020



Monday	Tuesday	Wednesday	Thursday	Friday
			Cereal Banana Craisins Milk	Powdered Donut Holes Apple Milk
5	6	7	8	9
Mini Muffin Graham Cracker Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Honey Wheat Bagel Cream Cheese Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Granola Bar Apple Milk
12	13	14	15	16
Mini Muffin Graham Cracker Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Strawberry Creamy Cheese Mini Bagels Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Blueberry Snack'n Loaf Apple Milk
19	20	21	22	23
Mini Muffin Graham Cracker Mixed Fruit Cup 100% Fruit Juice Milk	Cereal Apple Milk	Honey Wheat Bagel Cream Cheese Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Granola Bar Apple Milk
26	27	28	29	30
Mini Muffin Graham Cracker Mixed Fruit cup 100% Fruit Juice Milk	Cereal Apple Milk	Cinnamon Creamy Cheese Mini Bagels Applesauce 100% Fruit Juice Milk	Cereal Banana Craisins Milk	Blueberry Snack'n Loaf Apple Milk

**EAST SHORE
LEADERSHIP
ACADEMY**

**OFF-SITE
BREAKFAST**

Provided by
CJ's Catering & Food Service

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