

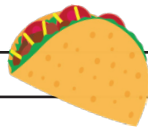




OCTOBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday
				Baked Chicken Whole Wheat Roll Green Beans 100% Fruit Juice Milk
4	5	6	7	8
All Beef Hamburger on a Whole Wheat Bun Baked Beans Craisins Milk 	Walking Taco Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce Banana Milk 	Chicken Nuggets Corn Apple Milk	No School
NATIONAL 11	SCHOOL 12	LUNCH 13	WEEK 14	15
Chicken Tenders Baked Beans Fruit Cup Milk	Chicken and Cheese Taco Carrots 100% Fruit Juice Milk 	Pizza Romaine Lettuce Banana Milk	Baked Meatloaf Mashed Potatoes Apple Milk	Sloppy Joe on a Whole Wheat Bun Green Beans 100% Fruit Juice Milk
18	19	20	21	22
BBQ Beef Riblet on a Whole Wheat Bun Potato Wedges Craisins Milk	Beef & Cheese Taco Carrots 100% Fruit Juice Milk	Pizza Romaine Lettuce Banana Milk	All Beef Hot Dog on a Whole Wheat Bun Baked Beans Apple Milk 	Chicken Stir Fry Whole Grain Rice Mixed Vegetables Fresh Fruit Milk
25	26	27	28	29
BBQ Meatballs Whole Wheat Roll Carrots Fruit Cup Milk	Chicken and Cheese Quesadilla Refried Beans 100% Fruit Juice Milk	Pizza Romaine Lettuce Banana Milk 	Baked Chicken Whole Wheat Roll Mashed Potatoes Apple, Milk	Spaghetti with Meat Sauce Whole Wheat Roll Green Beans 100% Fruit Juice Milk

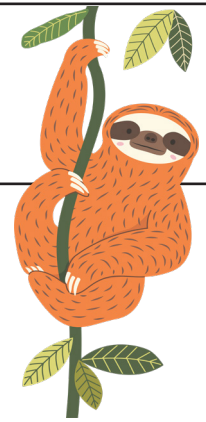
East Shore Leadership Academy k-8 LUNCH

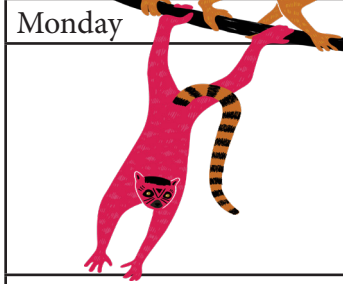
This institution is an equal opportunity provider. All lunches include Milk, Fruits & or Vegetables, Bread or Bread Equivalent, Meat or Meat equivalent
Milk Offered: Fat Free Chocolate and Low Fat White

PLEASE NOTE:
Due to nationwide disruptions in the food and supply chain and based upon manufacturer and distributor product availability, this menu is likely to change with minimal notice.



OCTOBER 2021



Monday	Tuesday	Wednesday	Thursday	Friday	1
				Ultimate Breakfast Round Apple Milk	
4	5	6	7	8	
Yogurt Graham Cracker Applesauce 100% Fruit Juice Milk	Creamy Cheese Bagel Apple Milk	Cereal Craisins 100% Fruit Juice Milk	Assorted Snack'n Loaf Banana 100% Fruit Juice Milk	No School	
NATIONAL 11	SCHOOL 12	LUNCH 13	WEEK 14	15	
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk	Cereal Cheese Stick Apple Milk	Creamy Cheese Bagel Craisins 100% Fruit Juice Milk	Whole Grain Chocolate Chip Crumb Slice Banana 100% Fruit Juice Milk	Mini Pancakes Apple Milk	
18	19	20	21	22	
Yogurt Graham Cracker Applesauce 100% Fruit Juice Milk	Creamy Cheese Bagels Apple Milk	Cereal Craisins 100% Fruit Juice Milk	Assorted Snack'n Loaf Banana 100% Fruit Juice Milk	Pop Tarts Apple Milk	
25	26	27	28	29	
Assorted Fruit Muffin Applesauce 100% Fruit Juice Milk	Cereal Cheese Stick Apple Milk	Creamy Cheese Bagel Craisins 100% Fruit Juice Milk	Ultimate Breakfast Round Banana 100% Fruit Juice Milk	French Toast Sticks Apple Milk	

East Shore Leadership Academy k-8 BREAKFAST

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