

OCTOBER | 2021



Jefferson & Kennedy Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	29	30	1 Three Meat Stromboli Fresh Carrots & Celery Sticks Applesauce Pudding Variety of Milk Alt: Deli Sandwich on WG Bun
4 Sloppy Joe on WG Bun Potato Wedges Baked Beans Diced Peaches Variety of Milk Alt: Cheese Pizza	5 Garlic Cheese Bread Green Beans Strawberries Variety of Milk Alt: Yogurt Plate	6 Sausage Egg & Cheese Muffin Blueberries 100% Orange Juice Variety of Milk Alt: Hot Dog on WG Bun	7 Chicken N Noodles Sliced Carrots Pears WG Biscuit Variety of Milk Alt: Chicken Nuggets	8 Big Daddy's Pizza Fresh Broccoli & Celery Mixed Fruit Fruit Snack Variety of Milk Alt: Deli Sandwich on WG Bun
11 Chicken Tenders Potato Rounds California Blend Vegetables Pineapple Tidbits Variety of Milk Alt: Cheese Pizza	12 Nacho Supreme Shredded Romaine Fiesta Bean Bake Banana Variety of Milk Alt: Yogurt Plate	13 $\frac{1}{2}$ Day Turkey & Cheese Deli Sandwich Pretzel Twists Baby Carrots Apple Slices Variety of Milk	14 Italian Spaghetti Green Beans Sliced Peaches WG Garlic Toast Variety of Milk Alt: Chicken Nuggets	15 Calzone Fresh Cauliflower & Broccoli Diced Pears Mini Rice Krispie Treat Variety of Milk Alt: Deli Sandwich on WG Bun
18 Popcorn Chicken Sweet Potato Fries Broccoli Mixed Fruit Variety of Milk Alt: Cheese Pizza	19 Chicken Tacos Shredded Romaine Shredded Cheese Refried Beans Berry Fruit Cup Variety of Milk Alt: Yogurt Plate	20 French Toast Sticks Sausage Warm Apple Slices 100% Orange Juice Variety of Milk Alt: Hot Dog on WG Bun	21 Macaroni & Cheese Steamed Peas Applesauce Pretzel Roll Variety of Milk Alt: Chicken Nuggets	22 Pepperoni Pizza Baby Carrots Assorted Fresh Fruit Slushy Cup Variety of Milk Alt: Deli Sandwich on WG Bun
25 Chicken Smackers Oven Baked Fries Hubbard Squash Sliced Pears Variety of Milk Alt: Cheese Pizza	26 Soft Shelled Tacos Shredded Romaine Shredded Cheese Fiesta Beans Mandarin Oranges & Pineapple Variety of Milk Alt: Yogurt Plate	27 Cheeseburger on WG Bun Gold Fish Crackers Baked Beans Applesauce Variety of Milk Alt: Hot Dog on WG Bun	28 Chicken Drumstick Mashed Potatoes w/ Gravy Steamed Corn Diced Peaches WG Dinner Roll Variety of Milk Alt: Chicken Nuggets	29 Cheese Filled Breadsticks Pizza Dipping Sauce Steamed Broccoli Strawberries WG Cookie Variety of Milk Alt: Deli Sandwich on WG Bun

News

Lunch is Free to all students!!

Adult Price - \$ 3.75

Foodservice reserves the right to change the menu without notice

Questions concerning the menu please contact

Keri Carlson
231-398-3695

kcarlson@manistee.org

Condiments may include:
Low Fat/RC Ranch, RF French, Mustard, Ketchup, Relish, Tartar Sauce, or BBQ Sauce

Free and Reduced lunch applications may be filled out online at

www.lunchapp.com

This institution is an equal opportunity provider