

WA HE LUT INDIAN SCHOOL MENU OCTOBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Milk Choice includes a choice of 1% white milk or non-fat chocolate milk. Fruit and vegetable bar (fresh or canned) offered daily for lunch.			1 Yogurt Fruit Cup Milk, Juice Grilled Cheese Sandwich Apples Slices, Carrots Milk	2 Waffle, Syrup Fruit Cup Milk, Juice Hoagie with Ham and Cheese Chips Banana, Carrots & Milk
5 Cereal Bar String Cheese Fruit Cup, Milk, Juice Peanut Butter & Jelly Chips, Fruit Cup, Veggies, Milk	6 Assorted Whole Grain Muffin Fruit Cup Milk, Juice Corn dog, Chips Fruit, Carrots and Milk	7 Whole Grain Bagel with Cream Cheese Fruit Cup, Juice & Milk Bean and Cheese Burrito Tortilla Chips Fresh Fruit, Vegetables & Milk	8 Yogurt with Granola Fruit, Milk & Juice Turkey and Cheese Sandwich String Cheese Fresh Fruit, Vegetables & Milk	9 Pancakes with Syrup Milk and Juice Roast Beef Sandwich with Chips Fruit, Vegetable & Milk
12 Whole Grain Cereal Fruit, Milk & Juice Macaroni & Cheese Whole Grain Roll Oranges, Vegetables & Milk	13 French Toast, Syrup Fruit Cup, Milk & Juice Chicken Tenders Whole Grain Crackers Strawberries, Carrots & Milk	14 Egg and Cheese Breakfast Sandwich Fruit Cup, Milk & Juice Grilled Cheese Sandwich Fresh Fruit, Vegetables & Milk	15 Waffles with Syrup Fruit Cup, Milk & Juice Hoagie with Ham and Cheese Chips Banana, Carrots & Milk	16 Cereal Bar String Cheese, Fruit, Milk & Juice Cheese Pizza Green Salad Fresh Fruit & Milk
19 Assorted Whole Grain Muffin Fruit Cup, Milk & Juice Turkey & Cheese Sandwich Chips Fresh Fruit, Vegetables & Milk	20 Yogurt with Granola Fruit Cup, Milk & Juice Bean and Cheese Burrito Tortilla Chips Oranges, Vegetable & Milk	21 Pancake on a Stick Fruit Cup, Milk & Juice Hamburger & Chips Blueberries, Celery with Peanut Butter Milk	22 French Toast Stix Banana, Milk & Juice Peanut Butter & Jelly Whole Grain Crackers Grapes, Carrots & Milk	23 Whole Grain Cereal Fruit Cup, Milk & Juice Stuffed Mozzarella Sticks Strawberries, Mixed Vegetables Milk
26 Waffles with Syrup Fruit Cup, Milk & Juice Grilled Cheese Sandwich Sliced Apples, Carrots Milk	27 Whole Grain Bagel Strawberry Cream Cheese Fruit Cup, Milk & Juice Corn dog, Chips Fresh Fruit, Vegetable & Milk	28 Blueberry Loaf Banana, Milk & Juice Hoagie with Ham and Cheese Fresh Fruit, Carrots Milk	29 Pancakes with Syrup Fruit Cup, Milk & Juice Peanut Butter & Jelly Chips Fresh Fruit, Vegetable & Milk	30 Whole Grain Cereal Fruit Cup, Milk & Juice Cheese Pizza Green Salad Blueberries, Carrots & Milk

In accordance with Federal Law and US Department of Agriculture (USDA) civil rights, regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity.

WA HE LUT INDIAN SCHOOL MENU OCTOBER 2020

--	--	--	--	--

In accordance with Federal Law and US Department of Agriculture (USDA) civil rights, regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity.