

Plate Includes 2 of the 4 Components

- Milk, Fluid
- Fruit/Vegetable
- Grains/Breads
- Meat/Meat Alternate

ESS MENU

October 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			October 1 Tostitos Scoops (1 each) Fresh Fruit JUICE (6 OZ)	October 2 Goldfish Cheddar Fresh Fruit MILK (8 OZ)
October 5 Cool Ranch Doritos Fresh Fruit MILK (8 oz)	October 6 WG Chocolate Chip Cookie Fresh Fruit MILK (8 OZ)	October 7 Honey Grahams (1 each) Fresh Fruit JUICE (6 OZ)	October 8 Whole Grain Goldfish Cheddar (1 each) Fresh Fruit JUICE (6 OZ)	October 9 Goldfish Pretzel (1 each) Fresh Fruit MILK (8 OZ)
October 12 Nacho Cheese Doritos Fresh Fruit MILK (8 OZ)	October 13 Scooby Sticks (1 Each) Fresh Fruit JUICE (6 OZ)	October 14 Heartzels (1 Each) Fresh Fruit JUICE (6 OZ)	October 15 Goldfish Cheddar (1 each) Fresh Fruit JUICE (6 OZ)	October 16 Cheez It's (1 Each) Fresh Fruit MILK (8 OZ)
October 19 Nacho Cheese Doritos Fresh Fruit MILK (8 OZ)	October 20 Tostitos Scoops (1 each) Fresh Fruit JUICE (6 OZ)	October 21 Honey Grahams (1 each) Fresh Fruit JUICE (6 OZ)	October 22 Goldfish Cheddar (1 each) Fresh Fruit JUICE (6 OZ)	October 23 Scooby Sticks (1 Each) Fresh Fruit JUICE (6 OZ)
October 26 Nacho Cheese Doritos Fresh Fruit MILK (8 OZ)	October 27 Heartzels (1 Each) Fresh Fruit JUICE (6 OZ)	October 28 Cheez It's (1 Each) Fresh Fruit MILK (8 OZ)	October 29 Elf Grahams Fresh Fruit MILK (8 oz)	October 30 Goldfish Pretzel (1 each) Fresh Fruit MILK (8 OZ)

Menu subject to change.

This institution is an equal opportunity provider.