

**Shakamak October 2021 Menu**

				1
				B: Donut, Fruit, Juice, Milk
				L: Quesadilla, Queso Cheese, Refried beans, Green beans, Fruit, Milk
4	5	6	7	8
B: Cereal Bar, Cheese stick, Fruit, Juice, Milk	B: Uncrustable Fruit, Juice, Milk	B: Waffles, Fruit, Juice, Milk	B: Mini Cinni, Fruit, Juice, Milk	B: Cereal, Fruit, Juice, Milk
L: Hamburger or cheeseburger, French fries, Baked beans, Fruit, Milk	L: Ham & Cheese Sandwich, Green beans, Carrots, Chips, Fruit, Milk	L: Grilled Cheese Sandwich, Romaine Salad, Glazed Carrots, Fruit, Milk	L: French Toast, Sausage Links, Sweet Potato Fries, Fruit, Milk	L: Pizza, Corn, Fruit, Milk
11	12	13	14	15
No School - Fall Break				
18	19	20	21	22
B: Poptart, Fruit, Juice, Milk	B: Cinn Crumb Cake, Fruit, Juice, Milk	B: Donut, Fruit, Juice, Milk	B: Apple Frudel, Fruit, Juice, Milk	B: Cereal, Fruit, Juice, Milk
L: Pizza, Corn, Carrots, Breadstick, Fruit, Milk	L: Ground Beef & Cheese, Chips, Potato Wedges, Brownie, Fruit, Milk	L: Chicken Nuggets, Fresh Carrots, Green beans, Hotroll, Fruit, Milk	L: Ravioli, Romaine Salad, Green beans, Breadstick, Fruit, Milk	L: Chicken Patty, Broccoli & Cheese, Sweet Potato Fries, Fruit, Milk
25	26	27	28	29
B: Poptart, Fruit, Juice, Milk	B: Cereal Bar, Cheese stick, Fruit, Juice, Milk	B: Pancakes, Fruit, Juice, Milk	B: Cereal, Fruit, Juice, Milk	B: Egg and Cheese Wrap, Fruit, Juice, Milk
L: Orange Chicken, Brown Rice, Glazed Carrots, Steamed Broccoli, Fruit, Milk	L: Chicken Quesadilla, Queso Cheese, Green beans, Refried beans, Fruit, Milk	L: Taco, Cheese, Lettuce, Salsa, Refried beans, Glazed Carrots, Fruit, Milk	L: Chili Soup, Peanut butter sandwich, Carrots, Celery, Fruit, Milk	L: BBQ Sandwich, French Fries, Baked Beans, Fruit, Milk