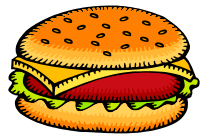



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October 2019</h1> <h2>Gramon/Glenview</h2> <h3>Breakfast/Lunch Menu</h3>					<b>Breakfast served w/ juice, milk, water, yogurt and a granola bar.</b>	<b>Lunch served w/ juice, water, fruit, a vegetable and dessert.</b>
<b>The Sampler: 2 mozzarella sticks, 2 chicken tenders, 2 potato skins.</b>	<b>Gluten free meals: Pasta, grilled cheese, chicken tenders or hot dogs.</b>	1 <b>Breakfast:</b> Breakfast muffin. <b>Lunch:</b> Hot dog w/ seasoned fries.	2 <b>Breakfast:</b> Cereal w/milk. <b>Lunch:</b> Pasta w/sauce and garlic bread.	3 <b>Breakfast:</b> Bagel w/cream cheese. <b>Lunch:</b> The Sampler.	4 <b>Breakfast:</b> Croissant w/ jelly. <b>Lunch:</b> Pizza w/tomato and cucumber salad.	5 <b>Alternative lunches: Hot dog, chicken tenders, pasta, or grilled cheese.</b>
6	7 <b>Breakfast:</b> Donut w/ milk. <b>Lunch:</b> Chicken parmesan over spaghetti.	8 <b>Breakfast:</b> Breakfast muffin. <b>Lunch:</b> Ham sandwich w/lettuce, tomato and chips.	9 <b>No School</b>	10 <b>Breakfast:</b> Bagel w/cream cheese. <b>Lunch:</b> Mac and cheese w/broccoli florets.	11 <b>Breakfast:</b> Breakfast bar w/yogurt. <b>Lunch:</b> Pizza w/ vegetable sticks and dip.	12
13	14 <b>No School</b>	15 <b>Breakfast:</b> Breakfast muffin. <b>Lunch:</b> BBQ chicken w/roasted potatoes.	16 <b>Breakfast:</b> Cereal w/ milk. <b>Lunch:</b> Cheesey ziti w/garlic bread.	17 <b>Breakfast:</b> Bagel w/cream cheese. <b>Lunch:</b> Meatball parmesan sub w/chips.	18 <b>Breakfast:</b> Waffles w/ syrup. <b>Lunch:</b> Pizza w/tomato and cucumber salad.	19 
20	21 <b>Breakfast:</b> English muffin w/butter & jelly. <b>Lunch:</b> Sloppy joe w/tater tots.	22 <b>Breakfast:</b> Breakfast muffin. <b>Lunch:</b> Chicken w/rice and gravy.	23 <b>Breakfast:</b> Cereal w/ milk. <b>Lunch:</b> Fish sticks w/ fries.	24 <b>Breakfast:</b> Bagel w/cream cheese. <b>Lunch:</b> Cavatelli & broccoli w/garlic bread.	25 <b>Breakfast:</b> French toast sticks w/syrup. <b>Lunch:</b> Pizza bagels w/ vegetable sticks	26
27 	28 <b>Breakfast:</b> Scrambled eggs. <b>Lunch:</b> Turkey & cheese sandwich w/lettuce, tomato and chips.	29 <b>Breakfast:</b> Breakfast muffin. <b>Lunch:</b> Tacos w/all the fixings.	30 <b>Breakfast:</b> Cereal w/ milk <b>Lunch:</b> Pasta w/ sauce and Italian bread.	31 <b>Breakfast:</b> Bagels w/cream cheese. <b>Lunch:</b> Chicken tenders w/ seasoned fries.		