

# October 2021

## The Gramon Family of Schools Meal Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Breakfast served w/juice, water, milk, yogurt and a granola bar.	
	<b>Alternative lunches:</b> Pasta, PB&J, grilled cheese, hot dogs or chicken.	<b>Gluten free-</b> Pasta, hot dogs and grilled cheese.	<b>Lunch served w/juice, fruit, water and a vegetable.</b>		1 <b>Breakfast:</b> Waffles w/ syrup. <b>Lunch:</b> French bread pizza w/ carrot sticks & dip.	2
3	<b>Breakfast:</b> Breakfast burritos. <b>Lunch:</b> Cheeseburger sliders and fries.	5 <b>Breakfast:</b> Breakfast muffin. <b>Lunch:</b> Teriyaki chicken w/rice.	6 <b>Breakfast:</b> Cereal w/milk. <b>Lunch:</b> Pasta w/sauce and Italian bread.	7 <b>Breakfast:</b> Bagel w/cream cheese. <b>Lunch:</b> Chicken quesadillas.	8 <b>Breakfast:</b> Egg and cheese biscuit <b>Lunch:</b> Pizza w/ cucumber and tomato salad.	9 <b>Breakfast and or lunch- Subject to change depending on availability.</b>
10 	11 <b>Breakfast:</b> Apple filled pancakes. <b>Lunch:</b> Ham & cheese sandwich w/chips.	12 <b>Breakfast:</b> Breakfast muffin. <b>Lunch:</b> Tacos w/all the fixings.	13 <b>Breakfast:</b> Cereal w/milk. <b>Lunch:</b> Tortellini marinara w/ garlic bread.	14 <b>Breakfast:</b> Bagel w/cream cheese. <b>Lunch:</b> Chicken parmesan sub w/chips.	15 <b>Breakfast:</b> French toast sticks w/syrup. <b>Lunch:</b> Pizza w/vegetable sticks.	16 
17	18 <b>Breakfast:</b> Egg & sausage stuffed waffles. <b>Lunch:</b> Fish sticks w/fries.	19 <b>Breakfast:</b> Breakfast muffin. <b>Lunch:</b> Meatball parmesan w/chips.	20 <b>Breakfast:</b> Cereal w/milk <b>Lunch:</b> Pasta w/sauce and Italian bread.	21 <b>Breakfast:</b> Bagel w/cream cheese. <b>Lunch:</b> Chicken & rice w/gravy.	22 <b>Breakfast:</b> Pancakes & syrup. <b>Lunch:</b> Pizza w/salad	23
24	25 <b>Breakfast:</b> Yogurt and a breakfast bar. <b>Lunch:</b> Chicken tenders w/fries.	26 <b>Breakfast:</b> Breakfast muffin <b>Lunch:</b> Sloppy joe w/sweet potato fries.	27 <b>Breakfast:</b> Cereal w/milk. <b>Lunch:</b> Mac & cheese.	28 <b>Breakfast:</b> Bagel w/cream cheese. <b>Lunch:</b> Hot dogs w/sun chips.	29 <b>Breakfast:</b> Breakfast burritos. <b>Lunch:</b> Pizza w/ carrot sticks & dip.	30 
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