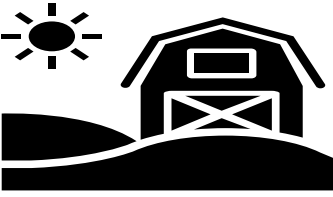


OCTOBER 2019 DORCHESTER COUNTY BREAKFAST & LUNCH SPECIALS (ALL SCHOOLS)

This institution is an equal opportunity provider. Menus are subject to change.

<p>Maryland Farm to School Week Sept. 29 – Oct. 4</p> 	<p>Tuesday, October 1 <u>Breakfast</u> Fruit Juice Fruit Pancake Wrapped Sausage <u>Lunch</u> Salisbury Steak W/Gravy Biscuit or Ham & Cheese Sandwich on Whole Grain Bread Mashed Potatoes</p>	<p>Wednesday, October 2 <u>Breakfast</u> Banana Breakfast Breaks (Cereal, Crackers & Juice) <u>Lunch</u> Max Sticks with Marinara Sauce or Ham & Cheese Sandwich on Whole Grain Bread Green Beans</p>	<p>Thursday, October 3 <u>Breakfast</u> Fruit Juice Fruit Bagel Cream Cheese, Jelly or Margarine <u>Lunch</u> Sweet & Sour Chicken Over Rice or Ham & Cheese Sandwich on Whole Grain Bread Broccoli Sidekicks</p>	<p>Friday, October 4 <u>Breakfast</u> Fruit Juice Fruit Pop Tart <u>Lunch</u> Mickey's Pizza with Whole Grain Crust or Ham & Cheese Sandwich on Whole Grain Bread Choice of Fresh Vegetable</p>
<p>Monday, October 7 <u>Breakfast</u> Fruit Juice Fruit Whole Grain Mini Powdered Donuts <u>Lunch</u> (E/M) Whole Grain Chicken Nuggets (E/M/H) Sriracha Chicken Wings Whole Grain Roll or Cheeseburger on Whole Grain Bun Oven Baked Fries</p>	<p>Tuesday, October 8 <u>Breakfast</u> Fruit Juice Fruit Breakfast Pizza with Whole Grain Crust <u>Lunch</u> Taco Boat with Top N Go Tortilla Chips or Cheeseburger on Whole Grain Bun Mixed Vegetables</p>	<p>Wednesday, October 9 <u>Breakfast</u> Banana Breakfast Breaks (Cereal, Crackers & Juice) <u>Lunch</u> Mozzarella Sticks with Marinara Sauce or Cheeseburger on Whole Grain Bun Potato Gems</p>	<p>Thursday, October 10 <u>Breakfast</u> Fruit Juice Fruit Blueberry Bagel Cream Cheese, Jelly or Margarine <u>Lunch</u> Spaghetti with Meat Sauce Breadstick or Cheeseburger on Whole Grain Bun Peas Sidekicks</p>	<p>Friday, October 11 <u>Breakfast</u> Fruit Juice Fruit Sausage Pancake Sandwich <u>Lunch</u> Stuffed Crust Pizza with Whole Grain Crust or Cheeseburger on Whole Grain Bun Choice of Fresh Vegetable</p>
<p>Monday, October 14 <u>Breakfast</u> Fruit Juice Fruit Whole Grain Mini Chocolate Donuts <u>Lunch</u> Whole Grain Chicken Tenders with Whole Grain Roll or Grilled Cheese Sandwich on Whole Grain Bread Potato Gems</p>	<p>Tuesday, October 15 <u>Breakfast</u> Fruit Juice Fruit Pancake Wrapped Sausage <u>Lunch</u> Sloppy Joe on Whole Grain Bun or Grilled Cheese Sandwich on Whole Grain Bread Green Beans</p>	<p>Wednesday, October 16 <u>Breakfast</u> Banana Breakfast Breaks (Cereal, Crackers & Juice) <u>Lunch</u> Cheese Rippers with Marinara Sauce or Grilled Cheese Sandwich on Whole Grain Bread Broccoli Jell-O Cup</p>	<p>Thursday, October 17 <u>Breakfast</u> Fruit Juice Fruit Whole Grain Breakfast Bun <u>Lunch</u> Mickey's Pizza with Whole Grain Crust or Grilled Cheese Sandwich on Whole Grain Bread Fresh Vegetable Choice</p>	<p>Friday, October 18</p> <p style="text-align: center;">NO SCHOOL FOR STUDENTS AND STAFF</p>

<p>Monday, October 21 <u>Breakfast</u> Fruit Juice Fruit Whole Grain Mini Powdered Donuts <u>Lunch</u> (E/M) Whole Grain Chicken Nuggets (E/M/H) Sriracha Chicken Wings Whole Grain Roll or Caesar Salad with Chicken Oven Baked Fries</p>	<p>Tuesday, October 22 <u>Breakfast</u> Fruit Juice Fruit Breakfast Pizza with Whole Grain Crust <u>Lunch</u> Sausage, Egg & Cheese on Whole Grain Bun or Caesar Salad with Chicken Mixed Vegetables Pudding Cup</p>	<p>Wednesday, October 23 <u>Breakfast</u> Banana Breakfast Breaks (Cereal, Crackers & Juice) <u>Lunch</u> Ham & Cheese Rippers or Caesar Salad with Chicken Peas</p>	<p>Thursday, October 24 <u>Breakfast</u> Fruit Juice Fruit Blueberry Bagel Cream Cheese, Jelly or Margarine <u>Lunch</u> Breaded Chicken Patty on Whole Grain Bun or Caesar Salad with Chicken Potato Gems Sidekicks</p>	<p>Friday, October 25 <u>Breakfast</u> Fruit Juice Fruit Whole Grain Cinnamon Roll <u>Lunch</u> Stuffed Crust Pizza with Whole Grain Crust or Caesar Salad with Chicken Choice of Fresh Vegetable</p>
<p>Monday, October 28 <u>Breakfast</u> Fruit Juice Fruit Whole Grain Mini Chocolate Donuts <u>Lunch</u> Whole Grain Chicken Tenders with Whole Grain Roll or Ham & Cheese Sandwich on Whole Grain Bread Potato Gems</p>	<p>Tuesday, October 29 <u>Breakfast</u> Fruit Juice Fruit Pancake Wrapped Sausage <u>Lunch</u> Salisbury Steak W/Gravy Biscuit or Ham & Cheese Sandwich on Whole Grain Bread Mashed Potatoes</p>	<p>Wednesday, October 30 <u>Breakfast</u> Banana Breakfast Breaks (Cereal, Crackers & Juice) <u>Lunch</u> Max Sticks with Marinara Sauce or Ham & Cheese Sandwich on Whole Grain Bread Green Beans</p>	<p>Thursday, October 31 <u>Breakfast</u> Fruit Juice Fruit Bagel Cream Cheese, Jelly or Margarine <u>Lunch</u> Sweet & Sour Chicken Over Rice or Ham & Cheese Sandwich on Whole Grain Bread Broccoli Fall Ice Cream Treat</p>	<p>Choice of milk served with all complete meals.</p> <p><i>Flavored or unflavored lowfat or nonfat milk</i></p>

During Maryland Farm to School Week, schools will be offering a variety of fruit & vegetable choices grown by local farmers. The local produce available will include; yellow squash, zucchini, kale, corn on the cob, cucumbers, watermelon, red sweet potatoes, gala apples, apple cider.

Available Daily

As Alternate Choice Breakfast Entrée for High Schools: Pop Tart or Cereal

As a Third Lunch Entrée Choice for Elementary & Middle Schools: Smucker's Peanut Butter & Jelly with Choice of String Cheese and or Graham Crackers.

As Alternate Choice Lunch Entrée for High Schools: Smucker's Peanut Butter & Jelly or Mickey's Pizza with Whole Grain Crust.

Fresh Fruit, Vegetables & Hummus Available Daily