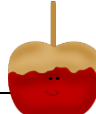









OCTOBER 2021 AFTERSCHOOL HOT SUPPER MENU

 Remember that at least one vegetable component **MUST** be served at every Supper!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
234 WG CHICKEN TENDERS WITH POTATO WEDGES 628 MIXED VEGETABLES 100 WHITE MILK 	274 CHEESY WHOLE GRAIN LASAGNA 624 GARLIC BUTTER GREEN BEANS 670 FRESH FRUIT 100 WHITE MILK	253 HOT DOG WITH FRENCH FRIES 603 MAPLE BAKED BEANS 907 WHEAT HOT DOG BUN 100 WHITE MILK ORDER DUE FOR WEEK OF OCT 25	263 5" ROUND WG CHEESE PIZZA 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK 	210 WG CRISPY CHICKEN FILLET 606 CHOPPED ROMAINE SALAD 611 BABY CARROTS PACK 100 WHITE MILK 
10/11/2021 217 TERIYAKI GLAZED CHICKEN W/BROWN RICE 628 MIXED VEGETABLES 670 FRESH FRUIT 100 WHITE MILK Columbus Day	10/12/2021 289 WG PANCAKES WITH SAUSAGE PATTY 634 HASH BROWNS 670 FRESH FRUIT 100 WHITE MILK	10/13/2021 255 CHEESE STUFFED BREADSTICKS 622 RED GOLD MARINARA SAUCE CUP 623 BROCCOLI 100 WHITE MILK ORDER DUE FOR WEEK OF NOV 1	10/14/2021 207 RIB-B-QUE 606 CHOPPED ROMAINE SALAD 611 BABY CARROTS PACK 904 WHEAT BREAD 100 WHITE MILK	10/15/2021 269 MINI CORN DOGS & WG CHICKEN NUGGETS W/POTATO ROUNDS 606 CHOPPED ROMAINE SALAD 100 WHITE MILK 
10/18/2021 294 MEATBALLS WITH TOMATO SAUCE 627 GREEN BEANS 670 FRESH FRUIT 907 WHEAT HOT DOG BUN 100 WHITE MILK	10/19/2021 221 TWO CHEESE, CHICKEN & GREEN CHILE WG QUESADILLA 620 RED GOLD SALSA CUP 639 CORN 100 WHITE MILK 	10/20/2021 206 VEGGIE BURGER WITH POTATO WEDGES 628 MIXED VEGETABLES 914 WHEAT HAMBURGER BUN 100 WHITE MILK ORDER DUE FOR WEEK OF NOV 8	10/21/2021 205 WG POPCORN CHICKEN 606 CHOPPED ROMAINE SALAD 670 FRESH FRUIT 100 WHITE MILK 	10/22/2021 271 WG SPAGHETTI AND MEATBALLS 606 CHOPPED ROMAINE SALAD 611 BABY CARROTS PACK 100 WHITE MILK
10/25/2021 255 CHEESE STUFFED BREADSTICKS 622 RED GOLD MARINARA SAUCE CUP 670 FRESH FRUIT 100 WHITE MILK 	10/26/2021 234 WG CHICKEN TENDERS WITH POTATO WEDGES 623 BROCCOLI 100 WHITE MILK	10/27/2021 200 HAMBURGER PATTY 628 MIXED VEGETABLES 670 FRESH FRUIT 914 WHEAT HAMBURGER BUN 100 WHITE MILK DOUBLE ORDER DUE WEEKS OF NOV 15 & NOV 22	10/28/2021 263 5" ROUND WG CHEESE PIZZA 606 CHOPPED ROMAINE SALAD 611 BABY CARROTS PACK 100 WHITE MILK 	10/29/2021 251 WG BAKED CHICKEN NUGGETS 606 CHOPPED ROMAINE SALAD 636 FIESTA CORN 100 WHITE MILK

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 AFTERSCHOOLMEALS@NDSARCH.ORG



Milk: Either 8-ounce skim fat free white milk or 8-ounce 1% low fat white milk must be served.
REMINDER: Water must be OFFERED every day!
WG = WHOLE GRAIN-RICH

MENU SUBJECT TO CHANGE

