

October is
National Farm to School Month!

OCTOBER | 2021



Cole Academy

Breakfast is served before school each day.

Please remind your child to sign up for lunch each day in their classroom. We need to know they are eating so we can prepare their meal!

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

27	28	29	30	1 Warm Turkey Ham & Cheese on Croissant Chilled Mixed Fruit Sliced Cucumbers (1/4 c) Baby Carrots (1/4 c) Shredded Romaine Lettuce (1/2 c)
4 Hamburger / Bun with or without Sliced Cheese Chilled Pears Sliced Pickles Vegetarian Baked Beans (1/2 c) Shredded Romaine Lettuce (1/2 c)	5 Cheese Stuffed Bosco Sticks (V) w/ Marinara Sauce Peach Cup Celery Sticks (1/4 c) Baby Carrots (1/4 c) Broccoli Florets (1/4 c)	6 Little Caesar's Pizza Sliced Apples Cauliflower Florets (1/4 c) Baby Carrots (1/4 c) Grape Tomatoes (1/4 c)	7 Turkey Ham & Cheese Calzone Fresh Grapes Zucchini Salad (1/4 c) Baby Carrots (1/4 c) Shredded Romaine Lettuce (1/2 c)	8 Mini Corn Dogs Frozen Sidekick Fruit Cup Mashed Potatoes (1/2 c) / Gravy Broccoli Florets (1/4 c)
11 Cheese Quesadilla (V) Flavored Applesauce Cup Salsa Fiesta Black Beans (1/2 c) Shredded Romaine Lettuce (1/2 c)	12 Twisted Pasta with Beef with Breadstick / Margarine Cup Fresh Clementine Celery Sticks (1/4 c) Broccoli Florets (1/4 c) Grape tomatoes (1/4 c)	13 Little Caesar's Pizza Chilled Pears Sweet Peppers (1/4 c) Baby Carrots (1/4 c) Shredded Romaine Lettuce (1/2 c)	14 Turkey Hot Dog / Bun Fresh Apple **Free** Apple Crunch Snack Bar Sliced Cucumbers (1/4 c) Grape Tomatoes (1/4 c) Broccoli Florets (1/4 c) Apple Crunch Day!	15 No School – Professional Development Day
18 Chicken Tenders with Dinner Roll / Margarine Cup Chilled Peaches Sugar Snap Peas (1/4 c) Baby Carrots (1/4 c) Shredded Romaine Lettuce (1/2 c)	19 Soft Pretzel / Nacho Cheese Sauce / Sunflower Seeds Flavored Applesauce Cup Chilled Five-Bean Salad (1/2 c) Grape tomatoes (1/4 c)	20 Little Caesar's Pizza Petite Banana Dragon Punch F/V Juice (1/2 c) Baby Carrots (1/2 c)	21 Crispy Chicken Leg with Dinner Roll / Margarine Cup Sliced Apples Mashed Potatoes (1/2 c) / Gravy Broccoli Florets (1/4 c)	22 Tangerine Chicken with Steamed Rice Mandarin Oranges Celery Sticks (1/4 c) Baby Carrots (1/4 c) Shredded Romaine Lettuce (1/2 c)
25 Beef & Cheese Tomados Salsa Refried Beans (1/2 c) Sweet Peppers (1/4 c)	26 Breaded Chicken Patty / Bun Fresh Grapes Sliced Pickles Seasoned Corn (1/2 c) Shredded Romaine Lettuce (1/2 c) Grape Tomatoes (1/4 c)	27 Little Caesar's Pizza Sliced Apples Cauliflower Florets (1/4 c) Baby Carrots (1/4 c) Broccoli Florets (1/4 c)	28 Cinnamon French Toast / Syrup with Turkey Sausage Patties *** Eeeek - Orange & Cream Flavored Frozen Juice Cup *** Sliced Cucumbers (1/4 c) Grape Tomatoes (1/4 c) Baby carrots (1/4 c)	29 BBQ Beef Riblet / Bun Orange Wedges Baby Carrots (1/4 c) Shredded Romaine Lettuce (1/2 c) Broccoli Florets (1/4 c)

Attention Parents

If your student will be late for school, please call the office before 8:00 a.m. to order lunch for your child.

Thank you!!

Self-Serve Cold Bar

Fruits and vegetables are offered on a self-serve bar that is part of the meal. ****** A 1/2 cup serving of fruit or vegetable must be taken to be a combo lunch. ******

Milk

A choice of white milk or chocolate milk is available with lunch.

Condiments

Complimentary condiments will be offered with select entrées.