

OCTOBER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

National Apple Month

Apples are a member of the rose family.
The first apple tree in the United States was planted by the pilgrims when they came to the United States from Europe.
It takes about 36 apples to make
1 gallon of apple cider.
Apple trees can live to be about 100 years old.

This institution is an equal opportunity provider. Menu subject to change.

1

French Toast
Sticks

Pizza Rippers with
Marinara Sauce

4

Sunrise Stick

Bean and Cheese
Burrito with
Salsa Rice and Corn

5

Chicken and
Waffles

Philly Cheese Steak
Sandwich with
Sweet Potato Fries
and Jello

6

Parfait

Pork Chop with
Mashed Potatoes,
Gravy and a Roll

7

Pancake
Sausage Bites

Orange Chicken
over Rice

8

French Toast

Chicken Nuggets
with Roll

11

Waffles

Nachos with
Taco Meat and Beans

12

Breakfast Burrito

Meatball Sandwich with
Sweet Potato Fries

13

Cheese Omelet

Chili Fritos

14

Biscuit Sandwich

Chicken Wings
with Rice Pilaf

15

French Toast Sticks

Corn Dog
with Tator Tots

18

Sunrise Stick

Chicken Quesadilla
with Salsa Rice
and Beans

19

Chicken and Waffles

Chicken Patty
Sandwich
with Brownie

20

Parfait

Cheese Pizza

21

No
School

22

No
School

25

Waffles

Tamale with
Salsa Rice

26

Breakfast Burrito

Rib-B-Q Sandwich
with Sweet Potato Fries
and Peas

27

Cheese Omelet

Spaghetti and Meatballs
with Garlic Bread

28

Biscuit Sandwich

Teriyaki Chicken
over Rice
with Steamed Veggies

29

French Toast

Pizza Rippers
with Marinara Sauce

Mana Academy Menu

