



October - 2021 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack					1 Peaches and Yogurt, Water
Lunch	*Vegetarian Substitutions: Meatless Entrée				Sloppy Joe on the Bun, Tater Tots, Bananas, Green Beans, Organic Milk
PM Snack	**Meals & Snacks are Subject to Change				Chips, Fruit
AM Snack	4 Mini Bagel, Cream Cheese/Jelly, Water	5 Cinnamon Muffin and Milk	6 Cheerios and Fruit, Water	7 Warm Waffles with Syrup, Water	8 Fig Newtons, Milk
Lunch	Vegetarian Chili, Corn Bread, Peaches, Organic Milk	French Toast, Turkey Sausage, Vegetables, Fruit, Organic Milk	Pesto Pasta with Chicken, Fruit, Steamed Carrots, Organic Milk	Seasoned Chicken with Rice, Mixed Fruit, Carrots, Organic Milk	Tomato Soup with Grilled Cheese, Vegetables, Fruit, Organic Milk
PM Snack	Apple Slices and Sunflower Butter (I/T: Apples and Cheerios)	Goldfish, Water	Sun Chips, (I/T: Crackers) Water	Boscosticks and Marinara, Water	Graham Crackers, Jelly, Water
AM Snack	11 Fruit, Crackers, Water	12 Warm Waffles with Syrup, water	13 Blueberry Belvita Biscuits, Milk	14 Yogurt and Fruit, Water	15 Mini Bagels with Cream Cheese, Water
Lunch	Grilled Chicken with Pita Bread, Mixed Fruit, Carrots, Organic Milk	Cheese Burgers, Green Beans, French Fries, Mangos, Organic Milk	Chicken Patty on a Bun, Apple Slices, Baked Beans, Organic Milk	English Muffin Sausage Sandwich, Vegetables, Fruit, Organic Milk	Cheese Quesadillas, Baked Beans, Mangos, Organic Milk
PM Snack	Cheese Sticks, Hawaiian Roll, Water	Goldfish and Apple Sauce, Water	Warm Pretzel, Cheese Sauce Water	Fresh Vegetable with Ranch Dip, Water	Wheat Thins & Cream Cheese, Water
AM Snack	18 Fruit and Crackers, Water	16 Yogurt with Granola/Cheerios, Water	17 Cinnamon Muffin and Milk	18 Wheat Crackers, Cream Cheese or Jelly, Water	19 Fresh Fruit, Graham Crackers, Water
Lunch	Cheesy Scalloped Potatoes, with Diced Turkey, Apples, Peas & Carrots, Organic Milk	Chicken Nuggets, Hashbrown, Fruit, Organic Milk	Mac & Cheese with diced Ham/Turkey, Vegetables, Fruit, Organic Milk	BBQ Chicken, Mashed Potato, Oranges, Carrots, Organic Milk	Tomato Soup with Grilled Cheese, Vegetables, Fruit, Organic Milk
PM Snack	Animal Crackers, Fresh Fruit, Water	Trail Mix and Water	Sun Chips, (I/T: Crackers) Water	Warm Pretzel, Cheese Dip and Water	Apples and Vanilla Crackers, Water
AM Snack	25 Cinnamon Muffins, Water	26 Wheat Thins, Craisins and Water (I/T: Cheerios)	27 Nutri-Grain Bars and Milk	28 Pears and Crackers, Water	29 Peaches and Yogurt, Water
Lunch	Chicken Quesadillas, Refried Beans, Mangos, Organic Milk	Fish Sticks, Peas & Carrots, Mandarin Oranges, Organic Milk (I/T: Chicken Nuggets)	Mini-Corn Dog, Sweet Potato Tots, Fruit, Organic Milk (I/T: Chicken Tenders)	Personal Cheese Pizza, Fruit and Vegetable, Organic Milk	Chicken Nuggets, Hashbrown, Fruit, Organic Milk
PM Snack	Cheesy Breadsticks with Dip, Water	Rice Cakes, Fruit & Water (I/T: Crackers & Fruit)	Goldfish, Apple Sauce, Water	Animal Crackers, Fruit, Water	Sun-Chips, (I/T: Crackers) Water

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*If you use a menu supplied by your caterer, you do not need these templates.
Otherwise, please continue.*

Select your template based on the number of meals you provide and the length of your meal descriptions. **Delete the other tabs.** Save as a new name.

Replace the logo with that of your school brand.

Go into the footer and change the school name, address and phone number to that of your school.

In row 1, change the name of the month and year if needed.

Change the names of meals if needed. For example, you may call it breakfast instead of am snack.

Change the blue date numbers to reflect the particular month that you are in.

Type or "copy special" your actual food items into each meal & date.

Make sure you have saved your menu under a new name.

Save as a PDF (File -> Print -> Select Adobe PDF as the Printer -> Click Print)

Email the Excel file & PDF to Marketing to post on your website

Each month, repeat steps 4-9 but instead of sending to marketing, **post the PDF to your menu page on your website.**