

October 2020 SFSP K-12 Distant Learning - Lunch & Breakfast - 7 Day Bundle Meals

Menu is subject to substitutions due to food shortages, due to the prevailing Pandemic situations

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------|--|--|---|--|---|--|---|
| Lunch | Potatoes, Reverse Psychology & Rebranding | | | Pizza Quesadilla | Meatballs & Ketchup Nacho Cheese Chips | Grilled Cheese Sandwich Mixed Berry Animal Crackers | Chicken Corn Dog Cinnamon Grahams |
| Veg Option | When first introduced, the farmers in Prussia hated potatoes and refused to plant them, as they don't have any smell or taste. King Frederick wanted to change this image of potatoes. So, he ordered his staff to plant a 'Royal Garden' of potatoes and guard it heavily. Seeing the admiration and security given to these tubers, local farmers started stealing the plant from Royal Garden. The guards too pretended not to notice this, as per King's orders. This reverse psychology made potatoes a well-established crop in Prussia. | | | Cheese Sandwich on Wheat Bread | Yogurt Cup, Cheese Stick WG Mini Pancake Bag | Hard Cooked Eggs Mixed Berry Animal Crackers | Wow Butter Cup, Cheese Stick WG Bagel |
| All Lunches Receive | | | | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) |
| Week I | | | | *New WG Apple Donut* (1 item) | Assorted Cereal Bowl (1 item) | Mini Waffle Bag (1 item) | BC Cinnamon Roll (1 item) |
| Breakfast | | | | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) |
| Lunch | Cheese Bun Cool Ranch Doritos | Breaded Chicken Patty Bun Kit Mixed Berry Animal Crackers | Hamburger Kit Nacho Cheese Doritos | Maple Waffle Chicken Sandwich String Cheese | Wowbutter & Jelly Sandwich | Bean & cheese Burrito Corn Chips | Pizza Quesadilla |
| Veg Option | Yogurt, Cheese Cubes Stuffed Crm Chz Bagel | Cheese Cup, Corn Chips String Cheese | Cheese Bun | 4.6 oz Wowbutter & Jelly Sandwich | Hard Cooked Eggs WG Mini French Toast Bag | Cheese Cup, Corn Chips String Cheese | Cheese Bun |
| All Lunches Receive | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) |
| Week II | Pop Tart (1 item) | Mini Pancake Bag (1 item) | Assorted Cereal Bowl (1 item) | Honey Bun (1 item) | 2 oz Breakfast Bread (1 item) | Corn Muffin (1 item) | *New WG Apple Donut* (1 item) |
| Breakfast | Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) String Cheese (1 item) Milk (OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) |
| Lunch | Cheese Bun Nacho Chz Doritos | Chicken Corn Dog Lemon Blueberry Bites | Italian Calzone Pocket | Bean & Cheese Burrito | All Beef Hot Dog Kit | Turkey Bun Cool Ranch Doritos | Grilled Cheese Sandwich Baked Cheetos |
| Veg Option | Cheese Bun Nacho Chz Doritos | Yogurt Cup, Cheese Stick Honey Bun | Wow Butter Cup, Cheese Stick WG Bagel | Cheese Sandwich on Wheat Bread | Yogurt Cup, Cheese Stick WG Mini Pancake Bag | Yogurt Cup, Cheese Stick Honey Bun | Wow Butter Cup, Cheese Stick WG Bagel |
| All Lunches Receive | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) |
| Week III | Assorted Muffin (1 item) | Mini Waffle Bag (1 item) | BC Cinnamon Roll (1 item) | Pop Tart (1 item) | Cereal Bowl (1 item) | Assorted Muffin (1 item) | Pop Tart (1 item) |
| Breakfast | Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | Yogurt (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) | Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) | Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) | Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) |
| Lunch | Cheese Bun | Make your Own Nachos Cheese Cup & Corn Chips String Cheese | Wow Butter Cup & Bagel Cheese Stick | Pizza Quesadilla | Meatballs & Ketchup Nacho Cheese Chips | Grilled Cheese Sandwich Mixed Berry Animal Crackers | Chicken Corn Dog Cinnamon Grahams |
| Veg Option | Yogurt, Cheese Cubes Stuffed Crm Chz Bagel | Cheese Cup, Corn Chips String Cheese | Cheese Bun | 4.6 oz Wowbutter & Jelly Sandwich | Hard Cooked Eggs WG Mini French Toast Bag | Yogurt Cup, Cheese Stick Honey Bun | Wow Butter Cup, Cheese Stick WG Bagel |
| All Lunches Receive | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) |
| Week IV | Mini Pancake Bag (1 item) | Corn Muffin (1 item) | *New WG Apple Donut* (1 item) | Mini Cinnis (1 item) | Cereal Bowl (1 item) | Mini Waffle Bag (1 item) | BC Cinnamon Roll (1 item) |
| Breakfast | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | String Cheese (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) |
| Lunch | Cheese Bun Cool Ranch Doritos | Breaded Chicken Patty Bun Kit WG Bun & Chz Patty | Hamburger Kit Baked Cheetos | Maple Waffle Chicken Sandwich String Cheese & Elf Grahams | Wowbutter & Jelly Sandwich | Bean & cheese Burrito Corn Chips | Pizza Quesadilla |
| Veg Option | Cheese Bun Cool Ranch Doritos | Yogurt Cup, Cheese Stick Honey Bun | Wow Butter Cup, Cheese Stick WG Bagel | Cheese Sandwich on Wheat Bread | Yogurt Cup, Cheese Stick WG Mini Pancake Bag | Cheese Cup, Corn Chips String Cheese | Cheese Bun |
| All Lunches Receive | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) | 1/2 Cup Fruit Milk & 1/2 Cup Veggies (OVS) |
| Week V | 2 oz Assorted Breakfast Bread (1 item) | Cereal Bowl (1 item) | Pop Tart (1 item) | Mini Pancake Bag (1 item) | Cereal Bowl (1 item) | Corn Muffin (1 item) | *New WG Apple Donut* (1 item) |
| Breakfast | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) | Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) | Cheese Stick (1 item) 1/2 Cup Fruit (1 item) Milk (OVS) | 1/2 Cup Fruit (1 item) String Cheese (1 item) Milk (OVS) | 1/2 Cup Fruit (1 item) Milk & (Second 1/2 c Fruit OVS) |

*Skim and 1% milk choices offered daily.
*All Bread/Chips/Tortillas listed in the menu are whole-grain products.