USD#261 HAYSVILLE OCTOBER 2021

MIDDLE SCHOOLS LUNCH MENU USDA announced that each student will be offered one free breakfast and one free lunch during the 2021-2022 school year. We are happy to be able to offer this to our families for the second year in a row!

The National School Lunch Program Guidelines require we offer each student 5 food components--

- MEAT / MEAT ALTERNATES (PROTEINS)
- **GRAINS**
- VEGETABLES
- FRUITS
- MILK

Students are allowed to decline 2 of the 5 required food components, but grades K-8 <u>must</u> select at least 1/2 cup of either a fruit or vegetable. We encourage every student to take all the foods that are offered!

Mon	Tue	Wed	Thu	Fri
				1
Fruits	Grains			**Hot Dog **PB&J Uncrustable
Choose	Protein Plate.gov			Asst. Fresh Vegetables Baked Beans Fresh Apple Fudge Bar
4	5	6	7	8
**Cheeseburger **Yogurt Biteables	**Popcorn Chicken Bowl **PB&J Uncrustable	**CiCi's Pizza-3 Meat **Yogurt Biteables	**Walking Taco **PB&J Uncrustable	**Breaded Chicken Sandwich **PB&J Uncrustable
French Fries Craisins	Asst. Fresh Vegetables Cinnamon Applesauce	Asst. Fresh Vegetables Tator Tots Strawberries & Bananas	Asst. Fresh Vegetables Refried Beans Fresh Apple Fudge Bar	French Fries Frozen Fruit Cup
11	12	13	14	15
**Hamburger **Yogurt Biteables	**Mini corn Dogs **PB&J Uncrustable	**CiCi's Pizza-Pepperoni **Yogurt Biteables	**Nacho Supreme **PB&J Uncrustable	1/2 Work Day— 1/2 Collaboration Day
Tator Tots Craisins	Mac & Cheese Asst. Fresh Vegetables Fresh Banana Chocolate Chip Cookie	French Fries Fresh Grapes	Asst. Fresh Vegetables Refried Beans Fresh Apple Fudge Bar	*****NO SCHOOL FOR STUDENTS*****
18	19	20	21	22
**Breaded Chicken Sandwich **Yogurt Bitables	**Chicken Nuggets/Hot Roll **PB&J Uncrustable	**Cici's Pizza-Pepperoni **Yogurt Biteables	PARENT / TEACHER CONFERENCES	CONFERENCE RELEASE DAY
French Fries Raisins	Mash Potato /Gravy Asst. Fresh Vegetables Fresh Orange	Asst. Fresh Vegetables Tator Tots Fresh Banana	*****NO SCHOOL FOR STUDENTS*****	*****NO SCHOOL FOR STUDENTS***
25	26	27	20	20
25 **Burrito	26 **Chicken Strips/Hot Roll	27 **CiCi's Pizza-Pepperoni	28 **Italian Dunkers	29 **Hot Dog
**Yogurt Biteables	**PB&J Uncrustable	**Yogurt Biteables	**PB&J Uncrustable	**PB&J Uncrustable
Tator Tots Craisins	Mac & Cheese Asst. Fresh Vegetables Baked Beans Frozen Fruit Cup	French Fries Fresh Grapes Fudge Bar	Asst. Fresh Vegetables Strawberries & Bananas	Fresh Baby Carrots Tator Tots Strawberry Applesauce