

Ethos Classical Breakfast Menu October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>G-1.25oz Assorted Cereal F-3oz Fresh Sliced Apples F- Fruit Juice M-8oz-Low fat or skim milk</p>	<p>4</p> <p>G - 2oz-Apple Cinnamon Muffin MA/ Yogurt Stick F-3oz-Fresh Orange Wedges F- Fruit Juice M-8oz-Low fat or skim milk</p>	<p>5</p> <p>G-2oz -WW Bagel/ Cream Cheese G – Graham Crackers F-3oz -Grapes F- Fruit Juice M-8oz-Low fat or skim milk</p>	<p>6.</p> <p>3oz-Cereal Bar (WG) w/ M/MA-2oz-String Cheese F-4oz-Banana F- Fruit Juice M-8oz-Low fat or skim milk</p>	<p>7.</p> <p>G-2.5oz WG Pop-Tart G – 2oz Graham Cracker F-3oz -Pineapple Chunks F-Fruit juice M-8oz-Low fat or skim milk</p>
<p>10.</p> <p>No School</p>	<p>11.</p> <p>No School</p>	<p>12.</p> <p>No School</p>	<p>13.</p> <p>No School</p>	<p>14</p> <p>No School</p>
<p>17</p> <p>No School</p>	<p>18</p> <p>G - 2oz-Apple Cinnamon Muffin Graham Crackers F-3oz-Fresh Orange Wedges F-Fruit Juice M-8oz-Low fat or skim milk</p>	<p>19</p> <p>G-2oz-Cereal Bar (WG) w/ M/MA 2oz-String Cheese F-3oz-Fresh Banana F-Fruit Juice M-8oz-Low fat or skim milk</p>	<p>20</p> <p>G- 2oz-WG Bagel / Cream Cheese F-3oz Fresh Sliced Apples F – Fruit Juice M-8oz-Low fat or skim milk</p>	<p>21</p> <p>G-2.5oz Pop-Tart G – Yogurt w/ 2oz Graham r F-3oz -Pineapple Chunks F- Fruit Juice M-8oz-Low fat or skim milk</p>
<p>24</p> <p>G-1.25oz (WG) Assorted Cereal and Graham Crackers F-3oz-Peach Cup F – Fruit Cup M-8oz-Low fat or skim milk</p>	<p>25</p> <p>G-2.5oz WG Blueberry Muffin G – Yogurt w/ 2oz Graham r F-3oz -Pineapple Chunks F – Fruit Cup M-8oz-Low fat or skim milk</p>	<p>26</p> <p>3oz-Cereal Bar (WG) w/ M/MA-2oz-String Cheese F-3oz-Banana F – Fruit Cup M-8oz-Low fat or skim milk</p>	<p>27</p> <p>G-1.25oz (WG) Assorted Cereal w/ Yogurt Stick and Graham Crackers F-3oz-Peach Cup F – Fruit Cup M-8oz-Low fat or skim milk</p>	<p>28</p> <p>G-1.25oz-Pop Tart M/MA-2oz-String Cheese F-3oz-Fresh Orange Wedges F – Fruit Cup M-8oz-Low fat or skim milk</p>
<p>31.</p> <p>G- 1.25oz -Assorted Cereal (WG)w/ M/MA- 2oz String Cheese F- 3oz Diced Pears F – Fruit Cup M- 8oz -Low fat or skim milk</p>				

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<p>3. M/MA-5oz -Chicken Alfredo G-2oz- WW Dinner Roll V-2oz- Romania Garden Salad w/ Diced tomatoes V-3/4c -Normandy blend Veg F-3oz -Apple Quick Crisp M-8oz -Low fat or skim milk</p>	<p>4 M/MA-2.5oz Taco Supreme beef w/ Lettuce, Tomato, & M/MA-1oz-Shredded Cheese V-4oz- Mexican Pinto Beans F-4oz- Fresh Apple M-8oz- Low fat or skim milk</p>	<p>5. M/MA-3.2oz- Cheeseburger on a G-2oz -WW Bun V-4oz -Oven Potato Wedges V-3/4c -Cucumber/ Tomato Salad F-4oz -Applesauce M-8oz -Low fat or skim milk</p>	<p>6. M/MA-3.5oz- Chicken Filet Sandwich G-2oz- WW Bun V-3/4c -Mixed Vegetables F-4oz -Chilled Mixed Fruit M-8oz -Low fat or skim milk</p>	<p>7. M/MA/G-4oz -Cheese Pizza V-3/4c -Garden Salad / Ranch F-4oz -Sliced Peaches M-8oz -Low fat or skim milk</p>
<p>10. No School</p>	<p>11. No School</p>	<p>12. No School</p>	<p>13. No School</p>	<p>14. No School</p>
<p>17. No School</p>	<p>18.M/MA-3.2oz- Cheeseburger on a G-2oz -WW Bun V-4oz -Oven Potato Wedges V-3/4c -Cucumber/ Tomato Salad F-4oz -Applesauce M-8oz -Low fat or skim milk</p>	<p>19. M/MA-5oz -Beefaroni w/ Cheese G-2oz- WW Dinner Roll V-2oz- Romania Garden Salad w/ Diced tomatoes V-3oz -Normandy blend Veg F-3oz -Apple Quick Crisp M-8oz -Low fat or skim milk</p>	<p>20. M/MA-3.5oz -Baked Chicken w/ G- 2oz -Wheat Roll V-3/4c -Turnip Greens V-4oz -Sweet Potato Souffle F-4oz -Sliced Pears M-8oz -Low fat or skim milk</p>	<p>21. M/MA/G-4oz -Cheese Pizza V-3/4c -Garden Salad / Ranch F-4oz -Sliced Peaches M-8oz -Low fat or skim milk</p>
<p>24. M/MA-4oz- Chicken Teriyaki G-2oz -WW Fried Rice V-3/4c -Asian Blend Veg F-4oz -Chilled Mixed Fruit M-8oz -Low fat or skim milk</p>	<p>25 M/MA-2.5oz Taco Supreme beef w/ Lettuce, Tomato, & M/MA-1oz-Shredded Cheese V-3/4c- Mexican Pinto Beans F-4oz- Fresh Apple M-8oz- Low fat or skim milk</p>	<p>26 M/MA-3oz -Turkey & Cheese G-2oz-Sandwich V-4oz-Kale Salad V-4oz- Cauliflower/ Cheese Sauce F-4oz -Chilled Peaches M-8oz -Low fat or skim milk</p>	<p>27 M/MA-2.5oz -Hot Dog on a G-2oz-WW Bun V-3/4c -Baked Beans V-4oz -Fresh Banana M-8oz -Low fat or skim milk</p>	<p>28 M/MA-4oz -Baked Chicken Nuggets w/ G-2oz -WG Roll V-4oz -Baked Sweet Potato Fries V-3/4c -Garden Salad w/ Dressing F-4oz -Fresh Banana M-8oz -Low fat or skim milk</p>
<p>31. M/MA-4oz -Macaroni & Cheese & G-2oz -WW Roll V-3/4c -Green Beans F-4oz -Fresh Apple M-8oz -Low fat or skim milk</p>				