



IKM-MANNING CSD

OCTOBER 2019

BREAKFAST SERVED EVERYDAY, GRAIN, FRUIT/VEGETABLE & MILK. MUST HAVE 3 ITEMS ON TRAY AND 1 NEEDS TO BE AFRUIT OR VEGETABLE. K-3 LUNCH MUST HAVE ALL ITEMS SERVED. 4-12 MUST TAKE AT LEAST 3 FOODS THAT ARE OFFERED AND 1 OF THOSE ITEMS NEEDS TO BE A FRUIT OR VEGETABLE. THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE. THIS IS AN EQUAL OPPORTUNITY INSTITUTION.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30 CEREAL/EGG & SAUS./TOAST</p> <p>SHRIMP POPPERS MAC & CHEESE COOKED BROCCOLI MANDARIN ORANGES</p>	<p>OCT. 1 CEREAL/ BISCUIT & GRAVY</p> <p>PS-5 UNCRUSTABLES/ SUNCHIPS 6-12 CRISPITOS w/ CHEESE SAUCE 6-12 ROMAINE LETUCE & TOMATO COOKED CARROTS PEARS HS - COTTAGE CHEESE & CORN MUFFIN</p>	<p>2 CEREAL/ OMELET/ LONG JOHN</p> <p>MEATBALLS MASHED POTATOES & GRAVY APPLESAUCE DINNER ROLL</p>	<p>3 CEREAL/ PANCAKE/ MUFFIN</p> <p>PEPERONI PIZZA BAKED BEANS HS - BABY CARROTS FRUIT COCKTAIL</p>	<p>4 CEREAL/ BREAKFAST PIZZA/ YOGURT</p> <p>MAIDRITE GREEN BEANS PEACHES</p>
<p>7 CEREAL/EGG & SAUS./TOAST</p> <p>BREADED CHICKEN & BUN COOKED BROCCOLI w/ CHEESE SAUCE MANDARIN ORANGES</p>	<p>8 CEREAL/ PANCAKE WRAP</p> <p>BREADED BEEF STICKS CORN PEARS 4-12 BAKED LAYS CHIPS</p>	<p>9 CEREAL/ OMELET/ LONG JOHN</p> <p>CHICKEN NUGGETS MIXED VEGETABLES APPLESAUCE CHOCOLATE CHIP COOKIE</p>	<p>10 CEREAL/ FRENCH TOAST/ MUFFIN</p> <p>CHICKEN QUESADILLA BAKED BEANS PINEAPPLE</p>	<p>11 CEREAL/ BREAKFAST PIZZA/ YOGURT</p> <p>K-5 MINI CORN DOGS 6-12 BACON CHICKEN RANCH WRAP ROMAINE LETUCE & TOMATO BABY CARROTS PEACHES</p>
<p>14 CEREAL/EGG & SAUS./TOAST</p> <p>FISH STICKS BAKED BEANS MANDARIN ORANGES RICE KRISPIE BAR</p>	<p>15 CEREAL/ BISCUIT & GRAVY</p> <p>HOT DOG SWEET POTATO TOTS PEARS HS SUN CHIPS</p>	<p>16 CEREAL/ OMELET/ LONG JOHN</p> <p>CHICKEN ALFREDO COOKED BROCCOLI APPLESAUCE 4-HS - GARLIC TOAST</p>	<p>17 CEREAL/ PANCAKE/ MUFFIN</p> <p>SHREDDED PORK & BUN CRINKLED CUT FRIES STRAWBERRIES</p>	<p>18 CEREAL/ BREAKFAST PIZZA/ YOGURT</p> <p>FIESTADA PIZZA GREEN BEANS HS - BABY CARROTS PEACHES</p>
<p>21 CEREAL/EGG & SAUS./TOAST</p> <p>HAMBURGER & BUN 4 - 12 ROMAINE LETUCE & TOMATO BABY CARROTS MANDARIN ORANGES</p>	<p>22 CEREAL/ PANCAKE WRAP</p> <p>BAKED CHICKEN LEG BAKED BEANS PEARS CHOCOLATE CHIP MUFFIN</p>	<p>23 CEREAL/ OMELET/ LONG JOHN</p> <p>EGG PATTY & SAUSAGE BREAKFAST POTATOES APPLESAUCE BISCUIT</p>	<p>24 CEREAL/ FRENCH TOAST/ MUFFIN</p> <p>BREADED PORK & BUN CORN FRUIT COCKTAIL</p>	<p>25</p> 
<p>28 CEREAL/EGG & SAUS./TOAST</p> <p>BBQ RIB & BUN COOKED BROCCOLI MANDRIN ORANGES</p>	<p>29 CEREAL/ BISCUIT & GRAVY</p> <p>CORN DOG BAKED BEANS PEARS BAKED CHEETOS</p>	<p>30 CEREAL/ OMELET/ LONG JOHN</p> <p>TURKEY GRAVY & MASHED POTATOES BABY CARROTS APPLESAUCE GARLIC BREAD STICK</p>	<p>31 CEREAL/ PANCAKE/ MUFFIN</p> <p>PEPERONI PIZZA GREEN BEANS PINEAPPLE ORANGE SHERBET</p> 	<p>NOV 1 CEREAL/ BRKF. PIZZA/ YOGURT</p> <p>SHREDDED BEEF & BUN HS- GREEN PEPPERS MIX TATER TOTS PEACHES</p>