

HELEN KELLER SCHOOL MENU: WEEK OF OCT. 5-10, 2020

| | BREAKFAST | LUNCH | SUPPER |
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| M O N | Steak Biscuit Scrambled Eggs WG Assorted Cereal Apple Slices 100% Fruit Juice Milk, Variety | WG Crispy Chicken Sandwich French Fries Garden Vegetables Sliced Tomato, Lettuce and Dill Slice Fresh Melon Chunks | Meatball Hoagie w/ Marinara Sauce and Melted Mozzarella Tomato Salad Tator Tots Peanut Butter Bars |
| T U E S | Cheese Toast Scrambled Eggs WG Assorted Cereal Bacon Hashbrown Patty 100% Fruit Juice Milk, Variety | Sweet & Sour Chicken Fried Rice (WG/Brown Rice) Oriental Vegetables Egg Rolls WG Rosy Applesauce | Pork Nachos Cheese, Sour Cream & Jalapeno Lettuce & Tomato & BBQ Sauce Seasoned Whole Kernel Corn Cheesecake w/ Strawberry Topping |
| W E D | Grits Scrambled Eggs Sausage Patty WG Assorted Cereal Banana 100% Fruit Juice Milk, Variety | Baked Pork Chops Black Eyed Peas Seasoned Turnip Greens Cornbread Tropical Fruit | Chicken Vegetable Noodle Soup Crackers PB&J Sandwich or Grilled Cheese Tomato Wedges or Slices Fresh Fruit Bowl Ice Cream |
| T H U R S | WG French Toast Sticks Bacon WG Assorted Cereal Strawberries 100% Fruit Juice Milk, Variety Maple Syrup | WG Smart Pizza Vegetable Soup w/ Crackers Pasta Salad Fresh Fruit | Breakfast for Supper Scrambled Eggs Hash browns Sausage Biscuits & Gravy Baked Apples |
| F R I | WG Breakfast Pizza WG Assorted Cereal Sliced Peaches 100% Fruit Juice & Milk | Philly Steak w/peppers & onions Baked Potatoes Broccoli with Cheese sauce Mixed Green Salad Mandarin Oranges | Spaghetti Seasoned Green Beans Garlic Bread Garden Salad Coca Cola Cake |
| S A T | Scrambled Eggs Sausage Link WG Assorted Cereal Hashbrown patty 100% Fruit Juice Milk, Variety | Hot Ham & Cheese on a WG Bun Potato Smiles Lettuce and Tomato Fruit cocktail | Cheeseburgers Baked Beans Lettuce, Tomato & Dill Slices French Fries Ice Cream Sandwich |

*100% Fruit Juice, 1% Milk, Fat Free Chocolate Milk, Fat Free Strawberry Milk offered at all meals