

Minnesota State Academies

	Monday 10/8/19	Tuesday 10/9/19	Wednesday 10/10/19	Thursday 10/11/19	Friday 10/12/19
Breakfast	Juice/Fruit Cold Cereal Yogurt Pancakes	Juice/Fruit Cold Cereal Yogurt Scrambled Eggs Cinnamon Toast	Juice/Fruit Cold Cereal Yogurt Cinnamon Rolls	Juice/Fruit Cold Cereal Yogurt Bagel	Juice/Fruit Cold Cereal Yogurt Hot Cereal
Lunch	Chicken Patty WG Hamburger Bun Potato Wedges Baked Beans Fresh Fruit	Potato Pancakes Chicken Sausage Carrots & Dip Warm Applesauce Muffin	Roast Beef Mashed Potatoes Broccoli WG Dinner Roll Pears Frozen Gogurt	Salad Bar Variety Soup Dinner Roll Fresh Fruit	Chicken Fettuccini Romaine Salad Sweet Potatoes WG Breadstick Mandarin Oranges
Supper	Pizza Veggies and Dip Green Beans Fruit	Baked Fish Scallop Potatoes Cauliflower Fruit Brownie	Chicken Enchiladas Spanish Rice Refried Beans Fruit	Sweet & Sour Chicken Asian Rice Chinese Vegetables Egg Roll Fruit Cereal Bar	

MENUS ARE SUBJECT TO CHANGE
 Variety of milk served with all meals
 Sunbutter or Cheese Slices with Bread Served as Alternatives

This institution is an equal opportunity provider.

WG = Whole Grain

Week 5