

# OCTOBER 2020 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Apple Crunch Day</b> is on Thursday, October 8<sup>th</sup>. Children in schools across Illinois will be “crunching” on locally grown apples!</p>	<p>Save the Date!</p> <p><b>ILLINOIS GREAT APPLE CRUNCH</b></p> <p>Thursday, Oct. 8 2020</p>	<p><b>National School Lunch Week</b> 1 is from October 12<sup>th</sup>-16<sup>th</sup>!</p> <p><b>SCHOOL LUNCH WEEK</b></p>	<p><b>Breaded Chicken Sandwich on a Bun</b> BBQ Sauce or <b>Hot Diggity Dog on a Bun</b></p> <p>Steamed Spinach Fresh Plum</p>	<p><b>2</b></p> <p><b>Deep Dish Galaxy Cheese Pizza+</b> or <b>Confetti Pancakes+</b> String Cheese</p> <p>Tater Tots Ketchup Fresh Apple</p>
<p><b>5</b></p> <p><b>Nacho Combo</b> Tostitos Scoops or <b>Classic Hamburger on a Bun</b> Ketchup</p> <p>Baby Carrots Fresh Plum</p>	<p><b>6</b></p> <p><b>Cinnamon French Toast+</b> String Cheese or <b>Chicken Tenders</b></p> <p>French Fries Ketchup Fresh Apple</p>	<p><b>7</b></p> <p><b>Hot Diggity Dog on a Bun</b> Ketchup or <b>BBQ Meatball Sub on a Bun</b></p> <p>Steamed Broccoli Fruit</p>	<p><b>8</b></p> <p><b>Popcorn Chicken</b> BBQ Sauce or <b>Mac &amp; Cheese+</b></p> <p>Steamed Green Beans Fresh Apple</p> <p><i>Apple Crunch Day</i></p>	<p><b>9</b></p> <p><b>Corn Dog</b> Ketchup or <b>Deep Dish Galaxy Cheese Pizza+</b></p> <p>Black Beans Fruit</p>
<p><b>12</b></p> <p><b>Cheeseburger on a Bun</b> Ketchup or <b>Popcorn Chicken</b></p> <p>Sweet Golden Corn Watermelon Craisins</p>	<p><b>13</b></p> <p><b>Chicken Nuggets</b> or <b>Hot Diggity Dog on a Bun</b></p> <p>French Fries Ketchup Fruit</p>	<p><b>14</b></p> <p><b>Mini Corn Dogs</b> or <b>Beef Soft Tacos</b></p> <p>Steamed Mixed Veggie Fresh Plum</p> <p><i>Mini Rice Krispie Treat!</i></p> <p><i>National Dessert Day</i></p>	<p><b>15</b></p> <p><b>French Toast Sticks+</b> String Cheese or <b>Deep Dish Galaxy Pepperoni Pizza</b></p> <p>Tater Tots Ketchup Fresh Apple</p>	<p><b>16</b></p> <p><b>Breaded Chicken Sandwich on a Bun</b> BBQ Sauce or <b>Classic Hamburger on a Bun</b></p> <p>Baked Beans Fresh Plum</p>
<p><b>19</b></p> <p><b>Meatball Sub on a Bun</b> or <b>Chicken Patty Sliders on a Bun</b> BBQ Sauce</p> <p>Steamed Broccoli Fresh Apple</p>	<p><b>20</b></p> <p><b>Cheeseburger on a Bun</b> or <b>Pancake &amp; Sausage Griddler</b> Syrup</p> <p>Tater Tots Ketchup Fresh Plum</p>	<p><b>21</b></p> <p><b>Chicken Nuggets</b> or <b>Taco Burrito</b></p> <p>Baby Carrots Fruit</p>	<p><b>22</b></p> <p><b>Hot Diggity Dog on a Bun</b> Ketchup or <b>Spaghetti &amp; Meatballs</b></p> <p>Sweet Golden Corn Fresh Apple</p> <p><i>National Pasta Day</i></p>	<p><b>23</b></p> <p><b>Classic Hamburger on a Bun</b> Ketchup or <b>Popcorn Chicken</b></p> <p>Black Beans Watermelon Craisins</p>
<p><b>26</b></p> <p><b>Breaded Chicken Sandwich on a Bun</b> or <b>Confetti Pancakes+</b> String Cheese</p> <p>Tater Tots Ketchup Fresh Apple</p> <p><i>National Potato Day</i></p>	<p><b>27</b></p> <p><b>Deep Dish Galaxy Cheese Pizza+</b> or <b>Chicken Tenders</b></p> <p>Steamed Peas Fruit</p>	<p><b>28</b></p> <p><b>Cheeseburger on a Bun</b> or <b>Mini Corn Dogs</b></p> <p>Baked Beans Strawberry Craisins</p>	<p><b>29</b></p> <p><b>Pizza Crunchers+</b> or <b>Mac &amp; Cheese+</b></p> <p>Steamed Mixed Veggie Fresh Apple</p>	<p><b>30</b></p> <p><b>Hot Diggity Dog on a Bun</b> or <b>Chicken Nuggets</b></p> <p>Sweet Potato Fries Ketchup Fresh Plum</p>

The National School Lunch Program follows the USDA’s Dietary Guidelines. Every 5 years, the USDA publishes well-researched advice for sound nutrition habits. School Lunch aligns with these guidelines to help create healthy eating habits for kids!



**\*Menu Subject to Change\***

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Milk contains no artificial growth hormones or antibiotics.  
We use heart healthy whole-grain breads for our buns, breadsticks, rolls.  
\*Item contains Pork, +Item contains No Meat  
Nutrition and allergen Information available at [www.FSPpro.com](http://www.FSPpro.com)