SCHOOLHOUSE GRILL
School Meal Specialist

# Merritt Academy - K-8th Grade

# October 2021

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | | | 1 |
| All lunches served with age appropriate milk, either 1% or whole milk. | THIS MENU DOES NOT CONTAIN PEANUT OR PEANUT PRODUCTS | | | Yum Turkey Hot Dog on a Whole Grain Bun<br>Sweet Hot Baby Peas<br>Fresh or Chilled Fruit<br>Snack: Goldfish Crackers, Tropical Fruit |
| 4 | 5 | 6 | 7 | 8 |
| Whole Grain Baked Chicken Nuggets, Two-Way Hot (Corn & Carrots) Mixed Vegetables<br>Fresh or Chilled Fruit<br>Snack: Lorna Doone, Mandarin Oranges | Rainbow Tortellini Pasta Blend w/ Marinara Sauce<br>Sweet Yellow Corn<br>Fresh or Chilled Fruit<br>Snack: Pretzels & Hummus, Sliced Pears | Home-Style Turkey Meatballs over Creamy Mashed Potatoes<br>Fresh Baby Carrots w/ Creamy Ranch Dip; Fresh or Chilled Fruit<br>Snack: Animal Crackers, Applesauce | Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce<br>Fresh Green Beans<br>Fresh Fruit<br>Mini Corn Muffins, Tropical Fruit | State County Fair Turkey Corn Dog, Two-Way Hot (Peas & Carrots) Mixed Vegetables<br>Fresh or Chilled Fruit<br>Snack: Rice Chex Cereal, Pineapple Chunks |
| 11 | 12 | 13 | 14 | 15 |
| Explorers' Day<br>Holiday | Italian Meatball Sub Topped w/ Mozzarella Cheese, Fresh Tossed Salad w/ Creamy Ranch<br>Fresh or Chilled Fruit<br>Snack: Ritz Crackers, Diced Pears | "Breakfast For Lunch"<br>Buttermilk Pancakes w/ Syrup, Turkey Sausage Link ,<br>Fresh or Chilled Fruit<br>Snack: Teddy Graham Crackers, Applesauce | Teriyaki Chicken Strips w/ Enriched Whole Grain Rice<br>Fresh Tossed Salad w/ Creamy Ranch,Fresh or Chilled Fruit<br>Snack: String Cheese, Mandarin Oranges | Southern Mini Turkey Corn Dog Nuggets<br>Fresh Green Beans<br>Fresh or Chilled Fruit<br>Snack: Goldfish Crackers, Pineapple Chunks |
| 18 | 19 | 20 | 21 | 22 |
| Mini Four Cheese Ravioli w/ Marinara Sauce California Blend Hot Mixed Vegetables<br>Fresh or Chilled Fruit<br>Snack: Nilla Wafers, Sliced Peaches | Breaded Whole Grain Chicken Patty on Bun, Fresh Baby Carrots w/ Creamy Ranch Dip;<br>Fresh or Chilled Fruit<br>Snack: Nutri Grain Bar, Sliced Pears | Whole Grain Baked Chicken Tenders<br>Sweet Hot Baby Peas<br>Fresh or Chilled Fruit<br>Snack: Graham Crackers, Pineapple Chunks | Cheesy Baked Ziti<br>Sweet Yellow Corn<br>Fresh or Chilled Fruit<br>Snack: Cheez-it Crackers, Mandarin Oranges | Beef Salisbury Steak & Gravy over Creamy Mashed Potatoes<br>Freshly Sliced Cucumbers w/ Creamy Ranch Dip; Fresh or Chilled Fruit<br>Snack: Fig Newtons, Diced Pears |
| 25 | 26 | 27 | 28 | 29 |
| Kid Fav Mac N' Cheese<br>Fresh Green Beans<br>Fresh or Chilled Fruit<br>Snack: Animal Crackers, Tropical Fruit | Hawaiian Turkey Meatballs over Enriched Grain Rice, Freshly Sliced Cucumbers w/ Creamy Ranch Dip, Fresh or Chilled Fruit<br>Snack: Saltine Crackers, Applesauce | Italian Cavatappi Pasta w/ Bolognese (Chicken) Sauce<br>Five-Way Hot Mixed Vegetables<br>Fresh Fruit<br>Snack: Nilla Wafers, Pineapple Tidbits | "Breakfast For Lunch"<br>Jumbo Square Waffles w/ Syrup, Turkey Sausage Link<br>Fresh or Chilled Fruit<br>Snack: Graham Crackers, Sliced Peaches | Beef Taco Rice Bowl Enriched Whole Grain Rice w/ Cheddar Cheese; Fresh Baby Carrots w/ Creamy Ranch Dip Fresh or Chilled Fruit. Snack: Ritz Crackers, Sliced Pears |