

# Frontenac Schools Lunch

## OCTOBER 2021

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<p><b>ALL MEALS ARE SUBJECT TO CHANGE</b></p> <p><b>ALL MEALS ARE SERVED WITH MILK AND JUICE</b></p>			<p><b>1</b></p> <p><b>Pizza Hut Pizza Green Beans Mixed Fruit Cookie</b></p>
<p><b>4</b></p> <p><b>Crispy Chicken Sandwich French Fries Peaches</b> Hamburger Option</p>	<p><b>5</b></p> <p><b>Beef Nachos w/ Salsa Refried Beans Pineapple Tidbits</b></p>	<p><b>6</b></p> <p><b>Meatball Sub Tri Tater Cucumber Coins Apple</b></p>	<p><b>7</b></p> <p><b>Chili Dog Sweet potato Fries Strawberries &amp; Bananas</b></p>	<p><b>8</b></p> <p><b>Pizza Hut Pizza Garden Salad Diced pears</b></p>
<p><b>11</b></p> <p><b>NO SCHOOL</b></p>	<p><b>12</b></p> <p><b>Corndog Sweet Potato Fries Broccoli w/ Cheese Mixed fruit</b></p> <p>Chicken Sandwich Option</p>	<p><b>13</b></p> <p><b>Chicken Patty Mashed Potatoes w/ Gravy Green Beans Roll Peaches</b></p>	<p><b>14</b></p> <p><b>Taco Crunch Lettuce &amp; Tomato Refried Beans Pineapple Tidbits</b></p>	<p><b>15</b></p> <p><b>Pizza Hut Pizza Corn Applesauce Cookie</b></p>
<p><b>18</b></p> <p><b>Lasagna Roll Up W/ Meat Sauce Garden Salad Garlic Breadstick Diced Pears</b> Hamburger Option</p>	<p><b>19</b></p> <p><b>Chicken Nuggets Mac &amp; Cheese Baby Carrots Applesauce</b></p>	<p><b>20</b></p> <p><b>Pizza Bosco Sticks Marinara Sauce Green Beans Mandarin Oranges</b></p>	<p><b>21</b></p> <p><b>Sweet &amp; Sour Chicken Nuggets W/ Rice Broccoli Mix Sliced Peaches</b></p>	<p><b>22</b></p> <p><b>Pizza Hut Pizza Fresh Veggies w/ Ranch Banana</b></p>
<p><b>25</b></p> <p><b>Frito Chili Pie Corn Pineapple Tidbits</b> Chicken Sandwich Option</p>	<p><b>26</b></p> <p><b>Chicken Strips Tater Tots Green Beans Banana</b></p>	<p><b>27</b></p> <p><b>Cheese Burger Lettuce &amp; Tomato Tri Tater Sliced Peaches</b></p>	<p><b>28</b></p> <p><b>Pizza Hut Pizza Garden Salad Mixed Fruit Cookie</b></p>	<p><b>29</b></p> <p><b>NO SCHOOL</b></p>

**1%, Skim Milk offered with every meal**

This institution is an equal opportunity provider