

BLOCHMAN BOBCATS

October Breakfast Menu

Free & Reduced Meal Forms can be obtained from the school office at any time throughout the school year.

Pre-payment is always appreciated.



Breakfast Prices: FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Oct Cereal Fruit, Cheese Juice
4-Oct Cereal Fruit, Cheese Juice	5-Oct Muffins Fruit, Cheese Juice	6-Oct Bagels Fruit Juice	7-Oct Yogurt Fruit Juice	8-Oct Cereal Fruit, Cheese Juice
11-Oct Cereal Fruit, Cheese Juice	12-Oct Muffins Fruit, Cheese Juice	13-Oct Bagels Fruit Juice	14-Oct Yogurt Fruit Juice	15-Oct Cereal Fruit, Cheese Juice
18-Oct Cereal Fruit, Cheese Juice	19-Oct Muffins Fruit, Cheese Juice	20-Oct Bagels Fruit Juice	21-Oct Yogurt Fruit Juice	22-Oct Cereal Fruit, Cheese Juice
25-Oct Cereal Fruit, Cheese Juice	26-Oct Muffins Fruit, Cheese Juice	27-Oct Bagels Fruit Juice	28-Oct Yogurt Fruit Juice	29-Oct Cereal Fruit, Cheese Juice

October Lunch Menu

Eating Healthy Tips

Build a healthy meal by adding lean proteins. Choose protein foods such as lean beef, pork or chicken, as well as turkey, beans & tofu. At least twice a week make seafood a protein on your plate.



1% or Non Fat Milk is served daily.

Lunch Prices: FREE

(Menu Subject to Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-Oct Pizza Hut Salad Fruit
4-Oct Corn Dogs Veggies Fruit	5-Oct Deli Sando Lettuce/Tomato Fruit	6-Oct Macho Nachos Salad Fruit	7-Oct Chicken Sando Lettuce/Tomato Fruit	8-Oct Pizza Hut Salad Fruit
11-Oct Chicken Nuggets Veggies Fruit	12-Oct Cheesy Beef Roll Up Veggies Fruit	13-Oct Spaghetti Veggies Fruit	14-Oct Sloppy Joes Lettuce/Tomato Fruit	15-Oct Pizza Hut Salad Fruit
18-Oct Grilled Cheese Veggies Fruit	19-Oct Club Sando Lettuce/Tomato Fruit	20-Oct Bean & Cheese Burrito Veggie Fruit	21-Oct Pulled Pork Veggies Fruit	22-Oct Pizza Hut Salad Fruit
25-Oct Corn Dogs Veggies Fruit	26-Oct Chili Veggies Fruit	27-Oct Mac & Cheese Fruit Salad	28-Oct Chicken Sando Lettuce/Tomato Fruit	29-Oct Pizza Hut Salad Fruit

In the operations of child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age or disability. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C., 20250.

En las operaciones de alimentacion para niños, ningún niño será discriminado a causa de raza, color, origen nacional la edad o la incapacidad. Si usted cree que usted ha sido discriminado, escriba inmediatamente al Secretario de Agricultura, Washington, D.C., 20250.