

Fall 2020 Safe Zone School Menu

Week 1

Runs the weeks of 9/14, 10/12, 11/9, and 12/7

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Apple Frudel	Sausage, Egg, and Cheese on English Muffin	Whole Grain Cinnamon Roll	Breakfast Pizza	Dunkin Sticks
	Diced Peaches			Hashbrown	Fruit Cocktail
	100% Fruit Juice (Orange Tangerine)	Fresh Apple Slices	Orange Wedges	Fresh Apple Slices	100% Fruit Juice (Fruit Punch)
	Milk	100% Fruit Juice (Grape)	100% Fruit Juice (Apple)	100% Fruit Juice (Strawberry Kiwi)	Milk
		Milk	Milk	Milk	
HOT LUNCH	Chicken Nuggets	Cheeseburger on Bun	Mini Ham & Cheese Sandwiches	Sliced Turkey	Cheese Pizza Crunchers with Marinara Cup
	Garlic Breadstick	Sweet Potato Fries		Mashed Potatoes	
	Emoticon Potatoes	Corn on the Cob	Oven Fries	Dinner Roll	Cucumber Slices & Broccoli Buds w/Ranch
	Baby Carrots w/Ranch	Applesauce Cup	Celery Sticks w/Ranch	California Blend Veggies	Pineapple Chunks
	Orange Wedges	Milk	Fresh Apple Slices	Red Grapes	Milk
	Milk		Milk	Milk	
COLD LUNCH	Yogurt Box Lunch	Beef Nacho Box	Make Your Own Pizza	Turkey & Cheese on Pretzel Bun	PB & J Uncrustable
	Yogurt	Beef Taco Meat	Mini Pizza Rounds	Baby Carrots w/Ranch	String Cheese
	Cheese Stick	Cheese Pouch	Mozzarella Cheese	Cherry Tomatoes	Cucumber Coins & Broccoli Buds w/Ranch
	Crunchmania	Tortilla Chips	Pepperoni	Red Grapes	Pineapple Chunks
	Broccoli Buds & Baby Carrots w/Ranch	Salsa Cup	Pizza Sauce Cup	Mayo, Mustard	Cheez-It Crackers
	Orange Wedges	Baby Carrots w/Ranch	Celery Sticks w/Ranch	Milk	Milk
	Milk	Applesauce Cup	Apple Slices		
	Milk	Milk			

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Week 2

Runs the weeks of 9/21, 10/19, 11/16, and 12/14

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Whole Grain Confetti Pancakes	Zucchini Bread	Strawberry Cream Cheese Mini Bagels	Cocoa Puff Soft Bar**	Chocolate Chip French Toast
	Diced Peaches	Orange Wedges	Applesauce Cup	Cereal Pouch	Diced Pears
	100% Fruit Juice (Orange Tangerine)	100% Fruit Juice (Grape)	100% Fruit Juice (Apple)	100% Fruit Juice (Fruit Punch)	100% Fruit Juice (Strawberry Kiwi)
	Milk	Milk	Milk	Milk	Milk
HOT LUNCH	Cherry Blossom OR Tangerine Chicken	Beef Hotdog on Bun	Beef Mostaccioli	Italian Chicken	Grilled Cheese OR PB&J Uncrustable with Cheese Stick
	Chow Mein Noodles	Oven Fries	French Bread	Mashed Potatoes w/ Gravy	
	Oriental Vegetables	Baked Beans	Fresh Broccoli Buds & Cauliflower w/Ranch	Dinner Roll	Carrot & Celery Sticks with Ranch
	Carrot Sticks w/Ranch	Banana	Diced Peaches	Green Beans	Pineapple Chunks
	Diced Pears	Whole Grain Cookie	Milk	Grapes	Milk
	Milk	Milk		Milk	Milk
COLD LUNCH	Yogurt Box Lunch	Beef Nacho Box	Make Your Own Pizza	Turkey & Cheese on	PB & J Uncrustable
	Yogurt	Beef Taco Meat	Mini Pizza Rounds	Pretzel Bun	String Cheese
	Cheese Stick	Cheese Pouch	Mozzarella Cheese	Baby Carrots w/Ranch	Baby Carrots & Celery Sticks w/Ranch
	Crunchmania	Tortilla Chips	Pepperoni	Cherry Tomatoes	Pineapple Chunks
	Broccoli Buds & Baby Carrots w/Ranch	Salsa Cup	Pizza Sauce Cup	Red Grapes	Cheez-It Crackers
	Diced Pears	Baby Carrots w/Ranch	Broccoli Buds & Cauliflower w/Ranch	Mayo, Mustard	Milk
	Milk	Banana	Diced Peaches	Milk	Milk
		Milk	Milk		

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Week 3

Runs the weeks of 9/28, 10/26, and 11/23

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Mini Cinnis	Sausage, Egg, and	Banana Loaf	Breakfast Pizza	Strawberry Poptart
	Diced Peaches	Cheese on English Muffin	Cereal Pouch	Hashbrown	Fruit Cocktail
	100% Fruit Juice (Orange Tangerine)	Fresh Apple Slices	Orange Wedges	Applesauce Cup	100% Fruit Juice (Fruit Punch)
	Milk	100% Fruit Juice (Grape)	100% Fruit Juice (Apple)	100% Fruit Juice (Strawberry Kiwi)	Milk
		Milk	Milk	Milk	
HOT LUNCH	Boneless Chicken Wings	Mini Cheeseburgers	Mini Ham & Cheese Sandwiches	Oven Fried Chicken	Mac & Cheese
	Garlic Breadstick	Potato Spudsters		Dinner Roll	Cucumber Slices &
	Waffle Sweet Potato Fries	Orange Basil Carrots	Red Pepper Strips &	Mashed Potatoes	Baby Carrots w/Ranch
	Steamed Corn	Orange Wedges	Celery Sticks w/Ranch	Steamed Broccoli	Diced Peaches
	Applesauce Cup	Milk	Fresh Apple Slices	Grapes	Milk
	Milk		Milk	Milk	
COLD LUNCH	Yogurt Box Lunch	Beef Nacho Box	Make Your Own Pizza	Turkey & Cheese on	PB & J Uncrustable
	Yogurt	Beef Taco Meat	Mini Pizza Rounds	Pretzel Bun	String Cheese
	Cheese Stick	Cheese Cup	Mozzarella Cheese	Baby Carrots w/Ranch	Cucumber Coins & Broccoli Buds w/Ranch
	Crunchmania	Tortilla Chips	Pepperoni	Cherry Tomatoes	
	Broccoli Buds & Baby Carrots w/Ranch	Salsa Cup	Pizza Sauce Cup	Red Grapes	Diced Peaches
		Baby Carrots w/Ranch	Celery Sticks w/Ranch	Mayo, Mustard	Cheez-It Crackers
	Orange Wedges	Orange Wedges	Apple Slices	Milk	Milk
Milk	Milk	Milk			

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Week 4

Runs the weeks of 9/7, 10/5, 11/2, and 11/30

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Blueberry Loaf	Piggle Stick	Strawberry Cream Cheese Mini Bagels	Breakfast Pizza	Whole Grain Cinnamon Bun
	Cereal Pouch	Fresh Apple Slices		Hashbrown	
	Diced Peaches	100% Fruit Juice (Grape)	Banana	Applesauce Cup	Diced Pears
	100% Fruit Juice (Orange Tangerine)	Milk	100% Fruit Juice (Apple)	100% Fruit Juice (Strawberry Kiwi)	100% Fruit Juice (Fruit Punch)
	Milk		Milk	Milk	Milk
HOT LUNCH	Beef Nacho Box	Breaded Chicken Patty on Hamburger Bun	Beefy Spaghetti	Chicken Fried Steak	Cheese OR Pepperoni Pizza
	Beef Taco Meat	Garden Salad w/Ranch	Garlic Breadstick	Dinner Roll	Garden Salad w/Ranch
	Cheese Pouch/Cup	Sweet Potato Fries	Green Beans	Mashed Potatoes	Carrots Sticks
	Tortilla Chips	Fruit Cocktail	Garden Salad w/Ranch	Steamed Broccoli	Pineapple Chunks
	Salsa Cup	Milk	Fresh Apple Slices	Grapes	Milk
	Carrots w/Ranch		Milk	Milk	
	Fresh Apple Slices				
	Milk				
COLD LUNCH	Yogurt Box Lunch	Chicken Nacho Box	Make Your Own Pizza	Turkey & Cheese on Pretzel Bun	PB & J Uncrustable String Cheese
	Yogurt	Diced Chicken	Mini Pizza Rounds	Baby Carrots w/Ranch	Carrot & Celery Sticks w/Ranch
	Cheese Stick	Cheese Pouch	Mozzarella Cheese	Cherry Tomatoes	Pineapple Chunks
	Crunchmania	Tortilla Chips	Pepperoni	Red Grapes	Cheez-It Crackers
	Broccoli Buds & Baby Carrots w/Ranch	Salsa Cup	Pizza Sauce Cup	Mayo, Mustard	
	Fresh Apple Slices	Baby Carrots w/Ranch	Garden Salad w/Ranch	Milk	
	Milk	Fruit Cocktail	Apple Slices		
	Milk	Milk			

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