

## Hampden Christian School Menu - October 2021

*.NOTE: items on menu are subject to change based on what products are available to us.*

	Monday	Tuesday	Wednesday	Thursday	Friday
	10/4	10/5	10/6	10/7	10/8
Breakfast	Cereal, Juice	Oatmeal, fresh fruit	Pancakes & Sausage on Stick	Waffles, syrup, fruit	Bagel w/cream cheese, fresh fruit
AM Snack	Goldfish	Raisins	Animal crackers	Fresh fruit	Graham crackers
Lunch	Chow mein, green beans, diced peaches	Chicken and cheese mini tacos, rice, mixed veggies, applesauce	Mac n' cheese, smokies, peas, pears	Baked potato soup, whole wheat bread, cheddar cheese, mixed fruit	Orange chicken w/ fried rice, green beans, diced peaches
PM Snack	Whole grain crackers, string cheese, juice	Fresh fruit	Yogurt, juice	Pretzels and colby jack cheese	Cheese Ritz Bits
	10/11	10/12	10/13	10/14	10/15
Breakfast	Oatmeal, fresh fruit	Cereal, Juice	French toast sticks	Sausage Egg & Cheese biscuit	Muffin, Fresh fruit
AM Snack	Goldfish	Raisins	Animal crackers	Fresh fruit	Graham crackers
Lunch	Stuffed shells w/ pizza sauce, garlic bread, corn, applesauce	Baked cod, french fries, beets, frozen mixed fruit	Pulled chicken, mashed potatoes, peas, mandarin oranges	Baked ziti, broccoli, pears	Rice, baked beans, cooked carrots, applesauce
PM Snack	Whole grain crackers, string cheese, juice	Fresh fruit	Yogurt, juice	Pretzels and colby jack cheese	Cheese Ritz Bits
	10/18	10/19	10/20	10/21	10/22
Breakfast	Cereal, Juice	Oatmeal, fresh fruit	Pancakes & Sausage on Stick	Waffles, syrup, fruit	Bagel w/cream cheese, fresh fruit
AM Snack	Goldfish	Raisins	Animal crackers	Fresh fruit	Graham crackers
Lunch	Chicken and cheese quesadillas, green beans, frozen mixed fruit	Meatballs w/ pizza sauce, mashed potatoes, corn, mandarin oranges	Chicken nuggets, fries, peas, mixed fruit	Lasagna, garlic bread, green beans, pineapple tidbits	HCS Closed
PM Snack	Whole grain crackers, string cheese, juice	Fresh fruit	Yogurt, juice	Pretzels and colby jack cheese	Cheese Ritz Bits
	10/25	10/26	10/27	10/28	10/29
Breakfast	Oatmeal, fresh fruit	Cereal, Juice	French toast sticks	Sausage Egg & Cheese biscuit	Muffin, Fresh fruit
AM Snack	Goldfish	Raisins	Animal crackers	Fresh fruit	Graham crackers
Lunch	Chicken fried rice, broccoli, diced peaches	Chicken alfredo, peas, mandarin oranges	Egg rolls, rice, smokies, mixed fruit	Pulled pork, scalloped potatoes, green beans, pineapple tidbits	Pizza, carrots, w/ranch, fresh fruit
PM Snack	Whole grain crackers, string cheese, juice	Fresh fruit	Yogurt, juice	Pretzels and colby jack cheese	Cheese Ritz Bits
	11/1	11/2	11/3	11/4	11/5
Breakfast	Cereal, Juice	Oatmeal, fresh fruit	Pancakes & Sausage on Stick	Waffles, syrup, fruit	Bagel w/cream cheese, fresh fruit
AM Snack	Goldfish	Raisins	Animal crackers	Fresh fruit	Graham crackers
Lunch	Chow mein, green beans, diced peaches	Chicken and cheese mini tacos, rice, mixed veggies, applesauce	Mac n' cheese, smokies, peas, pears	Baked potato soup, whole wheat bread, cheddar cheese, mixed fruit	Orange chicken w/ fried rice, green beans, diced peaches
PM Snack	Whole grain crackers, string cheese, juice	Fresh fruit	Yogurt, juice	Pretzels and colby jack cheese	Cheese Ritz Bits