

A selection of fruit & milk available with meals. Check school website [uplifteducation.org](http://uplifteducation.org) for additional information and updates.

# OCTOBER 2021

## Child Nutrition Program

Breakfast: FREE

Lunch: FREE

Menu Subject To Change

Monday

Tuesday

Wednesday

Thursday

Friday

**Breakfast:**

Frudel

**Lunch:**

Chicken Sandwich,  
Steamed Broccoli

4

**Breakfast:**

Oatmeal Bar

**Lunch:**

Street Taco, Salsa, Taco Cup  
Black Beans

5

**Breakfast:**

Donut Holes

**Lunch:**

Cheeseburger, Burger Salad,  
Potato Wedges

6

**Breakfast:**

Cereal

**Lunch:**

Chicken Popper, Breadstick,  
Green Beans

7

**Breakfast:**

Cereal

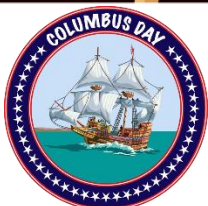
**Lunch:**

Meat Lover Pizza  
Cucumber W/Ranch

1

Professional  
Development

8



11

**Breakfast:**

Blueberry Muffin

**Lunch:**

Pollo Fajita Bowl,  
Pinto Bean, Salsa

12

**Breakfast:**

Breakfast Pizza

**Lunch:**

Mini Cooney  
Potato Wedges

13



**Breakfast:**

Cereal

**Lunch:**

Uplift Chicken Box,  
Mashed Potato, Corn

14

**Breakfast:**

Honey Bun

**Lunch:**

Dream Pizzeria  
Steamed Carrots

15

**Breakfast:**

Cereal Bar

**Lunch:**

Cheeseburger Mac, Breadstick,  
Steamed Broccoli

18

**Breakfast:**

Cereal

**Lunch:**

Chicken Wings, Wheat Roll  
BBQ Baked Beans

19

**Breakfast:**

Sausage Pancake Sandwich

**Lunch:**

Hot Dog,  
Chips

20

**Breakfast:**

Breakfast Pizza

**Lunch:**

Chicken Tender Wrap,  
Steamed Carrots

21

**Breakfast:**

Turkey Cheese Kolache

**Lunch:**

Cheese Pizza  
Cucumber W/Ranch

22

**Breakfast:**

Frudel

**Lunch:**

Chicken Sandwich, Pickles,  
Steamed Broccoli

25

**Breakfast:**

Banana Loaf

**Lunch:**

Street Taco, Salsa, Taco Cup  
Pinto Beans

26

**Breakfast:**

Donut Holes

**Lunch:**

Cheeseburger, Burger Salad,  
Potato Wedges

27

**Breakfast:**

Cereal

**Lunch:**

Chicken Popper, Breadstick,  
Green Beans

28

**Breakfast:**

Turkey & Cheese Croissant

**Lunch:**

Meat Lover Pizza  
Steamed Carrots

29



[En Non-Discrimination Statement In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](http://How to File a Program Discrimination Complaint) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.in-take@usda.gov](mailto:program.in-take@usda.gov). [Additional Info](#)]