

OCTOBER | 2022

Grab and Go Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3 Turkey Pastrami and Swiss Sandwich Sliced Cucumber Choice of Fruit Cup and/or Juice 8 oz. Milk	4 Turkey Pastrami and Swiss Sandwich Baby Carrots Choice of Fruit Cup and/or Juice 8 oz. Milk	5 Turkey Pastrami and Swiss Sandwich Broccoli Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	6 Turkey Pastrami and Swiss Sandwich Cowboy Corn Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	7 Sliced Chicken and Turkey Bacon Sandwich 3 Bean Salad Choice of Fruit Cup and/or Juice 8 oz. Milk
10 Cheesy Chicken Ranch Sandwich 3 Bean Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	11 Cheesy Chicken Ranch Sandwich Sliced Cucumber Choice of Fruit Cup and/or Juice 8 oz. Milk	12 Cheesy Chicken Ranch Sandwich Baby Carrots Choice of Fruit Cup and/or Juice 8 oz. Milk	13 Cheesy Chicken Ranch Sandwich Broccoli Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	14 Sliced Chicken and Turkey Bacon Sandwich Cowboy Corn Salad Choice of Fruit Cup and/or Juice 8 oz. Milk
17 Roast Turkey and Provolone Sandwich Cowboy Corn Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	18 Roast Turkey and Provolone Sandwich 3 Bean Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	19 Roast Turkey and Provolone Sandwich Sliced Cucumber Choice of Fruit Cup and/or Juice 8 oz. Milk	20 Roast Turkey and Provolone Sandwich Baby Carrots Choice of Fruit Cup and/or Juice 8 oz. Milk	21 Sliced Chicken and Turkey Bacon Sandwich Broccoli Salad Choice of Fruit Cup and/or Juice 8 oz. Milk
24 Buffalo Chicken Sandwich Baby Carrots Choice of Fruit Cup and/or Juice 8 oz. Milk	25 Buffalo Chicken Sandwich Broccoli Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	26 Buffalo Chicken Sandwich Cowboy Corn Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	27 Buffalo Chicken Sandwich 3 Bean Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	28 Sliced Chicken and Turkey Bacon Sandwich Sliced Cucumber Choice of Fruit Cup and/or Juice 8 oz. Milk
31 Turkey Pastrami and Swiss Sandwich Sliced Cucumber Choice of Fruit Cup and/or Juice 8 oz. Milk	1 Turkey Pastrami and Swiss Sandwich Baby Carrots Choice of Fruit Cup and/or Juice 8 oz. Milk	2 Turkey Pastrami and Swiss Sandwich Broccoli Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	3 Turkey Pastrami and Swiss Sandwich Cowboy Corn Salad Choice of Fruit Cup and/or Juice 8 oz. Milk	4 Sliced Chicken and Turkey Bacon Sandwich 3 Bean Salad Choice of Fruit Cup and/or Juice 8 oz. Milk

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation.



1% white milk offered. Nutrient content and ingredients are available upon request. No Pork or nut products offered.