

October 2020

ACGC Distant Learning Menu



BREAKFAST
Served with Milk,
Juice, and Fruit

LUNCH
Served with Milk, Salad
Bar, Vegetable and Fruit

ALL MENU ITEMS SUBJECT TO CHANGE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Nutrition Tip: Make half your plate veggies and fruits. Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



Reference: USDA MyPlate

Monday

Tuesday

Wednesday

Thursday

Friday



Cooks Choice

5

Pizza, Vegetable, Fruit

Cooks Choice

6

Mac & Cheese, Slice Bread,
Vegetable, Fruit

Cooks Choice

7

Grilled Cheese, Tomato Soup,
Vegetable, Fruit

Cereal, Fruit

1

Pizza, Vegetable, Fruit

Oatmeal Bar, Cheese,
Fruit

2

Hot Pocket, Vegetable, Fruit

Cooks Choice

5

Pizza, Vegetable, Fruit

Cooks Choice

6

Mac & Cheese, Slice Bread,
Vegetable, Fruit

Cooks Choice

7

Grilled Cheese, Tomato Soup,
Vegetable, Fruit

Cooks Choice

8

French Bread, Marinara Sauce,
Fruit, Cookie

Cooks Choice,

9

Hot Pocket, Fries, Fruit

Cooks, Choice

12

Sandwich, Vegetable, Fruit

Granola Bar, String
Cheese, Fruit

13

Chicken Salad Sandwich,
Vegetable, Fruit

Granola Bar, String
Cheese, Fruit

14

Hotdish, Vegetable, Fruit

NO SCHOOL

15

NO SCHOOL

16

NO School

19

Strawberry Bagel, Fruit

20

Sandwich, Vegetable, Fruit

Strawberry Bagel, Fruit

21

Hotdish, Vegetable, Fruit

Mini Donuts, Fruit

22

Pizza, Vegetable, Fruit

Mini Donuts, Fruit

23

Lunch Kit, Vegetable, Fruit

No School

26

Cereal, Fruit

27

Max Sticks, Vegetable, Fruit

Cereal, Fruit

28

Pizza, Vegetable, Fruit

Breakfast Cookie, Fruit

29

Sandwich, Vegetable, Fruit

Breakfast Cookie, Fruit

30

Grilled Cheese, Tomato Soup,
Vegetable, Fruit