

# October 2020

## ACGC Hybrid 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**  
\_\_\_\_\_  
Mac & Cheese, Sliced Bread,  
Vegetable, Fruit

Cereal, Juice **1**  
\_\_\_\_\_  
Deep Dish Cheese Pizza,  
Vegetable, Fruit

Cooks Choice **8**  
\_\_\_\_\_  
French Bread, Marinara Sauce,  
Fruit, Cookie

Cereal, Juice **2**  
\_\_\_\_\_  
Deep Dish Cheese Pizza,  
Vegetable, Fruit

Cooks Choice, **9**  
\_\_\_\_\_  
French Bread, Marinara  
Sauce, Fruit, Cookie

Cooks, Choice **12**  
\_\_\_\_\_  
Lunch Kit, Vegetable, Fruit

Granola Bar, String  
Cheese, Fruit **13**  
\_\_\_\_\_  
Chicken Salad Sandwich,  
Vegetable, Fruit

Granola Bar, String  
Cheese, Fruit **14**  
\_\_\_\_\_  
Chicken Salad Sandwich,  
Vegetable, Fruit

NO SCHOOL **15**

NO SCHOOL **16**

NO School **19**

Strawberry Bagel, Fruit **20**  
\_\_\_\_\_  
Sandwich, Vegetable, Fruit

Strawberry Bagel, Fruit **21**  
\_\_\_\_\_  
Sandwich, Vegetable, Fruit

Mini Donuts, Fruit **22**  
\_\_\_\_\_  
Pizza, Vegetable, Fruit

Mini Donuts, Fruit **23**  
\_\_\_\_\_  
Pizza, Vegetable, Fruit

No School **26**

Cereal, Fruit **27**  
\_\_\_\_\_  
Max Sticks, Vegetable, Fruit

Cereal, Fruit **28**  
\_\_\_\_\_  
Max Sticks, Vegetable, Fruit

Breakfast Cookie, Fruit **29**  
\_\_\_\_\_  
Sandwich, Vegetable, Fruit

Breakfast Cookie, Fruit **30**  
\_\_\_\_\_  
Sandwich, Vegetable, Fruit