

October 2020

New Hope Christian Academy Breakfast Menu



"We are all in this together"

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Frudel Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	2 Sausage Biscuit Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option
5 WG Cinnamon Roll Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	6 WG French Toast Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	7 Breakfast Muffin Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	8 WG Frudel Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	9 Sausage Biscuit Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option
12 WG Cinnamon Roll Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	13 WG French Toast Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	14 Breakfast Muffin Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	15 WG Frudel Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	16 Sausage Biscuit Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option
19 WG Cinnamon Roll Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	20 WG French Toast Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	21 Breakfast Muffin Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	22 WG Frudel Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	23 Sausage Biscuit Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option
26	27	28	29	30

WG Cinnamon Roll Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	WG French Toast Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	Breakfast Muffin Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	WG Frudel Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option	Sausage Biscuit Dry Cereal & Bear Grahams Fruit Cup, Fruit Juice Low-fat Milk Option
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- (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.intake@usda.gov.

This institution is an equal opportunity provider

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Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Corndog Potato Smiles Raisels or Fruit Cup Low-fat Milk Options	2 WG Pizza Stick Fresh Veggies or Side Salad, Fruit Cup, Low-fat Milk Option
5 BBQ Meatballs WG Roll BBQ Beans, Coleslaw Raisels Low-fat Milk Options	6 Baked Spaghetti WG Breadstick Green Beans Fresh Fruit Low-fat Milk	7 Chicken in gravy Cornbread Turnip greens, Sweet Potato Casserole Chilled Fruit Low-fat Milk	8 Orange Chicken Rice Steamed Broccoli Fresh Fruit Low-fat Milk	9 Deli Ham Sandwich Cheesy Mixed Veggies, Lettuce and Tomato Chilled Fruit Low-fat Milk
12 Chicken Nuggets WG Roll Green Beans, Mashed Potatoes Fruit Cup, Low-fat Milk	13 Chicken Alfredo WG Garlic Breadstick Fruit Cup Low-fat Milk	14 Beef Hotdog WG Hotdog Bun BBQ Beans, Coleslaw Fresh Fruit Low-fat Milk	15 Sliced Ham WG Roll Sweet Peas and Glazed Carrots Fruit Cup, Low-fat Milk	16 Fall Break
19 Cheesy Fajita Chicken WG Tortilla Chips Mexican Corn, Black Beans Chilled Fruit, Low-fat Milk	20 Sloppy Jo on WG Bun BBQ Beans, Baby Carrots Fresh Fruit Low-fat Milk	21 Turkey Sandwich on WG Bun Lettuce & Tomato Cheesy Mixed Veggies Fruit Cup, Low-fat Milk Option	22 WG Corndog Potato Smiles Raisels Low-fat Milk Options	23 WG Pizza Stick Green Beans Side Salad w/Tomato Fruit Cup, Low-fat Milk Option
26	27	28	29	30

BBQ Meatballs WG Roll BBQ Beans, Coleslaw Raisels Low-fat Milk Options	Baked Spaghetti WG Breadstick Green Beans Chilled Fruit Low-fat Milk	Chicken in gravy Cornbread Turnip greens, Sweet Potatoes Chilled Fruit Low-fat Milk	Orange Chicken Rice Steamed Broccoli Fresh Fruit Low-fat Milk	Deli Ham Sandwich Cheesy Mixed Veggies or Fresh Baby Carrots Chilled Fruit Low-fat Milk
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