

October 2021

Thompson Public Schools (Grades PreK-12)

<http://district.thompsonk12.org/departments/nutrition> ~ FREE MEALS FOR "ALL" STUDENTS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

DID YOU KNOW?

National Fire Prevention Week falls during the week of October 9th each year. It commemorates the Great Chicago Fire of 1871.



4

Hamburger/Cheeseburger/Bun (GF)
Veggie Burger/Bun

(Baked Beans)

BREAKFAST
WG Pancakes
WG Cinnamon Roll
WG Cereal Choice

5

Meatball Grinder
Chicken Ranch Wrap

(Carrots)

BREAKFAST
WG Breakfast Pizza
WG Blueberry-Lemon Bar
WG Cereal Choice

6

Popcorn Chicken & Mac 'n Cheese
Chicken Tenders & Mac 'n Cheese (GF)

(Green Beans)

BREAKFAST
Ham/Egg/Cheese Breakfast Sandwich
WG Cereal Choice

7

Shepherd's Pie w/Texas Toast
Shepherd's Pie w/Muffin (GF)
WG Chicken Patty/Bun

(Mashed Potato/Corn)

BREAKFAST
WG French Toast
Grahams w/Yogurt
WG Cereal Choice

8

Pulled Pork Sliders
WG Cheese Pizza
Cheese Pizza (GF)

(Broccoli)

BREAKFAST
WG Bagel
WG Cinnamon Roll
WG Cereal Choice

11

NO SCHOOL

COLUMBUS DAY

12

Chicken Patty/Bun
Hamburger/Cheeseburger/Bun
Grilled Chicken/Burger (GF)

(Carrots)

BREAKFAST
WG Pop-Tart w/Yogurt
WG Blueberry-Lemon Bar
WG Cereal Choice

Early Release Day

13

Chicken Salad Bulkie
WG Cheese Pizza

(Cucumbers)

BREAKFAST
Cinnamon Roll
WG Cereal Choice

14

Cheesy Taco Fries (GF)
w/Warm Pretzel
or Tortilla Chips (GF)

WG Cheese Pizza

(Niblet Corn)

BREAKFAST
WG French Toast
Grahams w/Yogurt
WG Cereal Choice

15

Mozzarella Sticks
w/Marinara Sauce
Cheese Pizza (GF)

(Broccoli)

BREAKFAST
WG Bagel
WG Cinnamon Roll
WG Cereal Choice

18

Hot Dog/Bun (GF)
Veggie Burger/Bun
WG Cheese Pizza

(Baked Beans)

BREAKFAST
WG Pancakes
WG Banana Bread
WG Cereal Choice

19

Toasted Cheese (GF)
or Toasted Ham/Cheese (GF)
Toasted Italian Grinder
w/Chicken Noodle Soup

(Carrots)

BREAKFAST
WG Breakfast Pizza
WG Blueberry-Lemon Bar
WG Cereal Choice

20

Chicken Nuggets & Mac 'n Cheese

Chicken Tenders & Mac 'n Cheese (GF)
WG Cheese Pizza

(Green Beans)

BREAKFAST
Ham/Egg/Cheese Breakfast Sandwich
WG Cereal Choice

21

Pasta w/Meatballs & Marinara
Dinner Roll

Pasta w/Meatballs & Marinara (GF)
Bread Slice (GF)

WG Cheese Pizza
(Garden Peas)

BREAKFAST
WG French Toast
Grahams w/Yogurt
WG Cereal Choice

22

Pulled Pork Sliders
WG Cheese Pizza
Cheese Pizza (GF)

(Broccoli)

BREAKFAST
WG Bagel
WG Cinnamon Roll
WG Cereal Choice

25

"Rodeo" (w/Onion Ring)
Hamburger/Cheeseburger/Bun (GF)
Veggie Burger/Bun
WG Cheese Pizza

(Baked Beans)

BREAKFAST
WG Pancakes
WG Banana Bread
WG Cereal Choice

26

Beef Enchiladas
Beef Nachos w/Tortilla Chips (GF)

WG Tuna Grinder

(Carrots)

BREAKFAST
WG Breakfast Pizza
WG Blueberry-Lemon Bar
WG Cereal Choice

27

Chicken Tenders & Mac 'n Cheese

Chicken Tenders & Mac 'n Cheese (GF)
WG Cheese Pizza

(Green Beans)

BREAKFAST
Ham/Egg/Cheese Breakfast Sandwich
WG Cereal Choice

28

Hot Ham & Cheese Sliders
Hot Ham & Cheese/Bun (GF)
WG Cheese Pizza

(Niblet Corn)

BREAKFAST
WG French Toast
Grahams w/Yogurt
WG Cereal Choice

29

Mozzarella Sticks
w/Marinara Sauce
Cheese Pizza (GF)

(Broccoli)

BREAKFAST
WG Bagel
WG Cinnamon Roll
WG Cereal Choice

A La Carte

(Offered Daily)

Elementary Yogurt Bag Meal

Milk Choices

1% LF White

FF Chocolate/FF Strawberry

Assorted Local Fresh
Fruits/Veggies!

MS Sandwiches/Salads

Questions/Concerns?

Food Service Director

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ATTENTION LOCAL FARMERS!

If you are or know a local farmer that may have something we could serve & promote in our Program, please contact the Food Service Director!

