

OCTOBER 2020
MONDAY

TUESDAY

CORVALLIS/PHILOMATH GRAB 'N GO MENU
WEDNESDAY **THURSDAY** **FRIDAY**

LOCHMEAD
Variety Low Fat Milk
Served With Every Meal

Eat Breakfast
For a
GREAT START



Fresh Salad
Greens, Fruits,
Veggies, &
More



1 Freshly Baked Peach Muffin
Bananas

French Toast Sticks
w/Berry Patch Parfait
or
Peanut Butter & Jelly Sandwich

2 Freshly Baked Maple Roll
Orange Wedges

Toasted Cheese Sandwich
w/Chips
or
Peanut Butter & Jelly Sandwich

5 Mini Breakfast Bites
Apple Juice

Deli Turkey & Cheese Sandwich
or
Peanut Butter & Jelly Sandwich

Chins w/all Meals

6 Benefit Bar
Apple

Hawaiian Pork w/Rice
or
Peanut Butter & Jelly Sandwich

7 Freshly Baked Breakfast Rounds
Raisins

Bean & Cheese Burrito
or
Peanut Butter & Jelly Sandwich

8 Freshly Baked Pumpkin Muffin
Bananas

Flat Bread Pizza
or
Peanut Butter & Jelly Sandwich

9 No School Philomath k-12
Freshly Baked Cinnamon Roll
Orange Wedges

Fish Stick & Fries
or
Peanut Butter & Jelly Sandwich

Freshly Baked Cookie

12 No School Philomath 6-12
Buttermilk Bar
Orange Juice

Chef Salad
or
Peanut Butter & Jelly Sandwich

13 Bagel w/Cream Cheese
Apple

Chicken Patty Sandwich
or
Peanut Butter & Jelly Sandwich

14 Mini Breakfast Bites
Raisins

Cheese Quesadilla
or
Peanut Butter & Jelly Sandwich

15 Freshly Baked Blueberry Muffin
Bananas

Pancakes w/Pork Sausage Links
or
Peanut Butter & Jelly Sandwich

16 Freshly Baked Maple Roll
Orange Wedges

Chicken Corndog
or
Peanut Butter & Jelly Sandwich

Freshly Baked Cookie

19 Benefit Bar
Apple Juice

Hamburger
or
Peanut Butter & Jelly Sandwich

20 Breakfast Round
Apple

Ham & Cheese Sandwich
w/Chips
or
Peanut Butter & Jelly Sandwich

21 Cereal w/String Cheese
Raisins

Cheesy Garlic Bread
w/Marinara
or
Peanut Butter & Jelly Sandwich

22 Freshly Baked Applesauce
Muffin Banana

Weiner Wrap
or
Peanut Butter & Jelly Sandwich

23 Freshly Baked Cinnamon Roll
Orange Wedges

Moo Lunch
(Yogurt w/String Cheese & Crackers)
or
Peanut Butter & Jelly Sandwich

26 No School Philomath k-5
Buttermilk Bar
Orange Juice

Beefy Chili w/Corn Muffin
or
Peanut Butter & Jelly Sandwich

27 Bagel w/Cream Cheese
Apple

Meaty Spaghetti w/French Bread
or
Peanut Butter & Jelly Sandwich

28 Cereal w/String Cheese
Raisins

Mac & Cheese w/Chicken
Tenders
or
Peanut Butter & Jelly Sandwich

29 Freshly Baked Peach Muffin
Bananas

French Toast Sticks
w/Berry Patch Parfait
or
Peanut Butter & Jelly Sandwich

30 Freshly Baked Maple Roll
Orange Wedges

Toasted Cheese Sandwich
w/Chips
or
Peanut Butter & Jelly Sandwich

~ Menu Subject to Change ~

This institution is an equal opportunity provider.