

# OCTOBER 2020

## Sentinel Elementary District

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW?

September in the Northern Hemisphere is similar to March in the Southern Hemisphere.

NO SCHOOL

5

NO SCHOOL

6

NO SCHOOL

7

NO SCHOOL

8

NO SCHOOL

9

NO SCHOOL

12

Columbus Day

Granola & yogurt  
Orange & Apple Juice  
Milk  
Grilled Cheese Sandwich  
Sweet Potato Tots & Peas  
Raisins and Milk

13

Peanut Butter Jelly Sandwich  
Apple & Berry Juice  
Milk  
Beef Taco & Salsa  
Shredded lettuce and cheese, rice  
Pears and Milk

14

Frosted Flakes  
Ham/Cheese  
Breakfast Bar  
Grapes & Orange  
Juice and milk  
French Bread Pizza & Garden Salad  
Peaches and milk

15

Breakfast Bar French Toast  
Orange & Apple Juice and Milk  
Bean & cheese burrito w/salsa  
Garden salad & Craisins and milk

16

French toast Sticks & Syrup, Orange and milk  
Chicken Tenders  
Mashed Potatoes & Gravy, Green Beans  
Applesauce and milk

19

Frosted flakes & Cheese Stick  
Apple, Orange juice, Milk  
Corn dog & Fries  
Peas, Peaches  
Milk

20

Apple Frudel  
Grapes, Apple Juice and Milk  
Calzone & Marinara, Garden Salad, Pear  
Milk

21

Scrambled eggs  
Toast & Jelly  
Orange, Berry Juice and Milk  
Chicken Taquitos  
Salsa & Refried beans  
Pears and Milk

22

Super Donut Yogurt  
Dried Fruit  
Orange Juice & milk  
Green Chili Cheese Burrito & salsa  
Zucchini Squash sticks w/ ranch  
Apple Crisp & Milk

23

Brakfast Kit Froot Loops  
Orange, Juice milk  
Chicken Patty  
Sandwich with lettuce & tomato  
Chips & Raisins  
Milk

26

Chocolate Donut  
Grapes, Orange Juice  
Milk  
Pig in a Blanket  
Sweet Potato Fries  
Peas  
Apple Crisp & Milk

27

Egg, Sausage Cheese Biscuit  
Strawberries  
Apple Juice, Milk  
Chicken & cheese burrito w/ salsa  
Zucchini Squash  
Mixed fruit  
Milk

28

Waffle & syrup  
Apple, Berry Juice  
Milk  
Mac & Cheese  
Garden Salad  
Garlic Toast  
Peaches  
Milk

29

Chorizo Burrito  
Berry Juice & Apple  
Milk  
Pretzel & Cheese  
Carrots & Celery  
Craisins  
Milk

30

Pancake & Syrup  
Grapes, Apple Juice  
Milk  
Pretzel & Cheese  
Cucumbers & Carrots  
Ranch & Peaches  
Milk

1

Egg-Tac-Go  
Orange & Berry Juice  
Milk  
Pull Pork sandwich  
Sweet Potato Fries  
Peas  
Pears and Milk

2

### School New

Oct. 20<sup>th</sup> and Oct. 21,  
2020 Parents  
Teacher conference

Meal Prices  
Adult Breakfast  
\$2.30  
Adult Lunch  
\$3.65

Menu is subject to  
change.

*"This institution is an  
equal opportunity  
provider".*

Esta institucion es un  
proveedor que ofecec  
igualdad de  
oportunidades