



And do not be conformed to this world but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Romans 12:2

Mt. Calvary S.D.A. Jr. Academy

*Stand Out!*



8 oz. Soy Milk and 1% Plain Milk are served with all meals. Milk options Unflavored, Strawberry or Chocolate 1% Milk. Meals are served with ½ cup of cut fresh fruit/fruit cup or whole fruit (example banana)

<i>October Breakfast Menu</i>					<i>October Lunch Menu</i>				
Mon	Tue	Wed	Thur	Fri	Mon	Tue	Wed	Thurs	Fri
<b>30</b> 1 Cup Assorted Cereal ½ Cup Scrambled Eggs 1 oz. Buttered Toast	<b>1</b> 1 Piece Corn Bread 1 oz. Sausage Patty 1 Slice WW Bread	<b>2</b> ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	<b>3</b> ½ Cup Scrambled Eggs 2 slices Buttered Toast	<b>4</b> 2 oz. Pancakes 1 oz. Stripples (2) 1 Slice WW Bread	<b>30</b> ¾ cup Meat Sauce ½ cup spaghetti ½ cup Garden Salad ½ slice WW bread	<b>1</b> ¼ Cup Black Beans ½ Cup Yellow Rice ¾ Cup Green Beans	<b>2 Haystacks</b> ½ cup pinto Beans or crumbles, 6-8 Tortilla Chips Lettuce, Tomato, Cut corn, Cheese, sour cream, salsa (Optional)	<b>3</b> Cheese Pizza ¾ cup Cut Cucumbers	<b>4 Chilli Cheese Fries</b> ½ cup French Fries ½ cup Crumbles with Chilli ⅛ cup Shredded Cheese ½ cup Cucumbers
<b>7</b> 1 Cup Assorted Cereal 1 oz. Breakfast link (1) 1 Slice WW Bread	<b>8</b> ½ Cup Grits- ¾ Cup Scrambled Tofu ¾ Cup Shredded Cheese (Optional) 1 Slice Buttered Toast	<b>9</b> ½ Cup Oatmeal- 1 Slice WW Bread 1 Hard Boiled Egg	<b>10</b> 6 oz. Low Fat Yogurt 2 Tbsp. Peanut Butter 1 Slice WW Buttered Toast	<b>11</b> 2 oz. WW French Toast- ¾ Cup Scrambled Eggs	<b>7</b> ¾ cup Baked Ziti 1 oz. Garlic WW Toasted Bread ¾ cup Steamed Broccoli	<b>8</b> ½ cup Mashed Potato 1 oz. Ground Crumbles- w/Gravy ¾ cup Mixed Vegetables	<b>9 Hispanic Heritage</b> 1 Cup Arroz Con Pollo  (Yellow Rice, Scallops, diced peas and carrots)	<b>10</b> Cheese Pizza ¾ cup Cut Cucumbers	<b>11</b> 2 oz. Chick'n Nuggets ½ cup Fries 1 slice WW bread Corn on the Cob
<b>14 ½ Day</b> 1 Cup Assorted Cereal ½ Cup Scrambled Eggs 1 oz. Buttered Toast	<b>15</b> 1 Piece Corn Bread 1 oz. Breakfast Link 1 Slice WW Bread  R#	<b>16</b> ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	<b>17</b> 1 Cup Assorted Cereal 1 oz. Breakfast link (1) 1 Slice WW Bread	<b>18</b> 2 oz. Pancakes 1 oz. Stripples (2) 1 Slice WW Bread	<b>14 ½ Day</b> 2 oz. Hot Dogs 1 oz. Hot Dog Bun ¾ cup Carrot Sticks Bag of Chips	<b>15</b> ¾ cup Meat Sauce ½ cup spaghetti ½ cup Garden Salad ½ slice WW bread	<b>16</b> ¾ cup Ground Meat w/ Sauce ½ cup spaghetti ½ cup Steamed Broccoli ½ slice WW bread	<b>17</b> Cheese Pizza ½ cup Cut Cucumbers ½ cup Diced Tomato	<b>18</b> <b>PB &amp; J Sandwiches</b> 2 Tbsp. Peanut Butter 1 Tbsp. Jelly 2 Slices WW Bread 6 oz. Carrot Sticks
<b>21</b> 1 Cup Assorted Cereal ½ Cup Scrambled Eggs 1 Slice WW Bread	<b>22</b> ½ Cup Grits 1 oz. Stripples (2) ¾ Cup Shredded Cheese (Optional) 1 Slice Buttered Toast	<b>23</b> ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	<b>24 ½ Day</b> ½ Cup Scrambled Eggs 1 Slice WW Bread ½ cup Tator Tots	<b>25</b> 2 oz. WW French Toast ¾ Cup Scrambled Eggs	<b>21</b> ½ cup. Stir Fried Noodles 1 oz. Fri Chic (Browned) 1 Spring Roll ¾ cup Steamed Broccoli	<b>22</b> 1 Cup Shepherd's Pie ½ Cup Garden Salad	<b>23 Bean Tostada</b> WG yellow corn tostada shells (2) Pinto Beans Lettuce, Tomato, Cheese R#3	<b>24 ½ Day</b> 2 oz. Hot Dogs 1 oz. Hot Dog Bun ¼ cup pickles Potato of Chips	<b>25</b> Cheese Pizza ½ Cup Cut Cucumbers
<b>28</b> 1 Cup Assorted Cereal 1 oz. Breakfast link (1) 1 Slice WW Bread	<b>29</b> 1 Piece Corn Bread 1 oz. Scrambled Eggs 1 Slice WW Bread  3R #9	<b>30</b> ½ Cup Oatmeal 1 Slice WW Bread 1 Hard Boiled Egg	<b>31</b> <b>PB &amp; J Sandwiches</b> 2 Tbsp. Peanut Butter 1 Tbsp. Jelly 2 Slices WW Bread	<b>1</b> 2 oz. Pancakes 1 oz. Stripples (2) 1 Slice WW Bread	<b>28</b> ¾ cup Ground Meat w/ Sauce ½ cup Spaghetti ½ cup Garden Salad ½ slice WW bread	<b>29</b> ½ cup Oven Roasted Red Potatoes 1 oz. BBQ Scallops ¾ cup Steamed Broccoli	<b>30 Haystacks</b> ½ cup Black Beans or crumbles, 6-8 Tortilla Chips/Rice Lettuce, Tomato, Cut Corn, Cheese sour cream, salsa (Optional)	<b>31</b> Cheese Pizza ½ cup Garden Salad	<b>1</b> <b>Plant Forward Sloppy Joe</b> ¼ cup meat mix 1 WW Hamburger Bun ½ cup Tator Tots R#

*Hurricane Milton Closures October 7-15*

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