



Bangor Union Elementary

October 2022

Breakfast & Lunch Menu

Breakfast: Mon-Fri. 8-8:12am or 2nd chance 10-10:10am

Grab & Go Breakfast choice of menu entrée or yogurt/crackers or cereal/crackers

Our Goal: Whole Grains, Low Fat, Reduced Sugar & Sodium, Fresh Fruits and Vegetable Menu that our children can grow strong and enjoy!

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<i>Fruit Frudel</i> <i>Fresh Fruit♥</i>	<i>Muffin</i> <i>Fresh Fruit♥</i>	<i>Cream Cheese Bagel</i> <i>Fresh Fruit♥</i>	<i>Mini Waffles</i> <i>Fresh Fruit♥</i>	COOKS CHOICE
WG Corn Dog Chili & Mix Vegi Bowl	Salisbury Beef Mash Potato/gravy Green Beans/Corn Roll	Chix Nuggets Vegetable Pasta Salad	WG Deli Sandwich Yogurt Cup & Crudité Cup	COOKS CHOICE
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	
<i>Granola Bar</i> <i>Beef Jerky</i>	<i>Apple sauce</i> <i>Cheese Stick</i>	<i>Yogurt</i> <i>Cranberries</i>	<i>Cheese Stick</i> <i>Crackers</i>	<i>Uncrustable</i> <i>Chips</i>
10	11	12	13	14
<i>Fruit Frudel</i> <i>Fresh Fruit♥</i>	<i>Muffin</i> <i>Fresh Fruit♥</i>	<i>Cream Cheese Bagel</i> <i>Fresh Fruit♥</i>	<i>Mini French Toast</i> <i>Fresh Fruit♥</i>	<i>Banana Bread</i> <i>Fresh Fruit♥</i>
Hot Dog/WG Bun Chili & Mix Vegi	Chix Teriyaki over rice Green Beans/Corn	WG Pizza Tossed Salad♥	WG Deli Sandwich Yogurt Cup & Crudité Cup♥	Beef Hamburger/Bun Side Salad/Tomato/Pickle♥ Baked Fries
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
<i>Yogurt</i> <i>Vanilla Grahams</i>	<i>String Cheese</i> <i>Crackers</i>	<i>Fruit Cup</i> <i>Cheese It's</i>	<i>Beef Jerky</i> <i>Vanilla Graham</i>	<i>Fruit Cup</i> <i>Cheese Stick</i>
17	18	19	20	21
<i>Fruit Frudel</i> <i>Fresh Fruit♥</i>	<i>Muffin</i> <i>Fresh Fruit♥</i>	<i>Cream Cheese Bagel</i> <i>Fresh Fruit♥</i>	<i>Mini Waffles</i> <i>Fresh Fruit♥</i>	<i>Buttermilk Bar</i> <i>Fresh Fruit♥</i>
WG Corn Dog Baked Beans & Mix Vegi	Chix Parmesan Mashed Potato/Green Beans Green Beans/Corn	WG Bean/Cheese Burrito Tossed Salad♥	WG Deli Sandwich Yogurt Cup & Crudité Cup♥	WG Sloppy Joe/Bun Side Salad/Tomato/Pickle♥ Baked Fries
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
<i>Cheese It's</i> <i>Fruit Cup</i>	<i>PB</i> <i>Crackers</i>	<i>Fruit cup</i> <i>Vanilla Grahams</i>	<i>Beef Jerky</i> <i>Yogurt</i>	<i>Apple Sauce</i> <i>Crackers</i>
24	25	26	27	28
<i>Fruit Frudel</i> <i>Fresh Fruit♥</i>	<i>Muffin</i> <i>Fresh Fruit♥</i>	<i>Cream Cheese Bagel</i> <i>Fresh Fruit♥</i>	<i>Mini French Toast</i> <i>Fresh Fruit♥</i>	<i>Banana Bread</i> <i>Fresh Fruit♥</i>
WG Chix Nuggets Chili & Mix Vegi	Fiesta Salad Refried beans/Corn Green Beans/Corn	WG Pizza Tossed Salad♥	WG Deli Sandwich Yogurt Cup & Crudité Cup♥	Beef Hamburger/Bun Side Salad/Tomato/Pickle♥ Baked Fries
Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup	Fruit Cup
<i>Fruit Cup</i> <i>Beef Jerky</i>	<i>Sunflower Seeds</i> <i>Granola Bar</i>	<i>Raisins</i> <i>Yogurt</i>	<i>Chips</i> <i>Cheese Stick</i>	<i>Uncrustable</i> <i>Vanilla Grahams</i>
31	1-Nov	2-Nov	3-Nov	4-Nov
<i>Fruit Frudel</i> <i>Fresh Fruit♥</i>		<i>Cream Cheese Bagel</i> <i>Fresh Fruit♥</i>	<i>Mini Waffles</i> <i>Fresh Fruit♥</i>	<i>Buttermilk Bar</i> <i>Fresh Fruit♥</i>
Medusa Dog Bog Beans Vegi Crud <i>Haunted Corn Bread</i> Monster Fruit	NO SCHOOL 	WG Chix/Cheese Burrito Tossed Salad♥	WG Deli Sandwich Yogurt Cup & Crudité Cup	Grilled BBQ Pork/Bun Side Salad/Tomato/Pickle♥ Baked Fries
Fruit Cup		Fruit Cup	Fruit Cup	Fruit Cup
<i>Rice Crispiess</i> <i>Apples</i>		<i>Crackers</i> <i>Cheese Stick</i>	<i>Fruit Cup</i> <i>Cheese It's</i>	<i>Apple Sauce</i> <i>Beef Jerky</i>

Milk always served Breakfast & Lunch (1% white or Non-Fat Chocolate), water always available

Menu subject to change as per distribution delivery Fresh Fruit may vary with availability/cost

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