

October Blackwater Menu

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| 10/3 <i>Fall Break</i> | 10/4 | 10/5 | 10/6 | 10/7 |
| 10/10 | 10/11 | 10/12 | 10/13 | 10/14 |
| 10/17 <i>Pancake Wrap</i> Chicken Fajitas Veggie/Fruit/Milk | 10/18 <i>Ham & Eggs</i> Taco/Beans Lett-Cheese/Fruit/Milk | 10/19 <i>Biscuits & Gravy</i> Cheeseburger/Fries Bbeans/Fruit/Milk | 10/20 <i>Oatmeal</i> Spaghetti/Bread Veggie/Fruit/Milk | 10/21 <i>Cereal</i> Pizza Carrots/Fruit/Milk |
| 10/24 <i>Pancake Wrap</i> Chicken Teriyaki/Rice Veggie/Fruit/Milk | 10/25 <i>Ham & Eggs</i> Taco/Beans Lett-Cheese/Fruit/Milk | 10/26 <i>Biscuits & Gravy</i> Cheeseburger/Fries Bbeans/Fruit/Milk | 10/27 <i>Oatmeal</i> Spaghetti/Bread Veggie/Fruit/Milk | 10/28 <i>Cereal</i> Pizza Carrots/Fruit/Milk |
| 10/31 <i>Pancake Wrap</i> Chicken Sandwich/Frie Veggie/Fruit/Milk | | | | |



Fat Free and 1% Milk are always available for Breakfast and Lunch.

For breakfast a fresh fruit and fruit juice will be made available.

Menu subject to change depending on availability.
This institution is an equal opportunity provider.
Breakfast and lunch are FREE for all STUDENTS.