



# October

2021

## Fruits & Veggies

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>Special News...</b></p> <p><b>Items Served Daily</b></p> <p>Apple Orange Banana</p> <p><b>*All meals must include a fruit or vegetable.</b></p> <p><small>Menus are subject to change without notice.</small></p>
				<p><b>01</b></p> <p>Steamed Broccoli</p> <p>Cucumber Slices</p> <p>Fresh Grapes</p> <p>Juice</p>	
<p><b>04</b></p> <p>Steamed Corn</p> <p>Fresh Broccoli</p> <p>Mixed Fruit</p> <p>Fresh Grapes</p>	<p><b>05</b></p> <p>Steamed Peas</p> <p>Cucumber Slices</p> <p>Diced Pears</p> <p>Fresh Cantaloupe</p>	<p><b>06</b></p> <p>Steamed Carrots</p> <p>Grape Tomatoes</p> <p>Diced Peaches</p> <p>Juice</p>	<p><b>07</b></p> <p>Campfire Beans</p> <p>Celery Sticks</p> <p>Applesauce</p> <p>Blueberries</p>	<p><b>08</b></p> <p>Steamed Broccoli</p> <p>Baby Carrots</p> <p>Mixed Berries</p> <p>Juice</p>	
<p><b>11</b></p> <p>No School</p>	<p><b>12</b></p> <p>No School</p>	<p><b>13</b></p> <p>Potato Wedges</p> <p>Red Pepper Strips</p> <p>Diced Peaches</p> <p>Juice</p>	<p><b>14</b></p> <p>Black Beans</p> <p>Celery Sticks</p> <p>Applesauce</p>	<p><b>15</b></p> <p>Steamed Peas</p> <p>Cucumber Slices</p> <p>Fresh Grapes</p> <p>Juice</p>	
<p><b>18</b></p> <p>Steamed Spinach</p> <p>Fresh Broccoli</p> <p>Mixed Fruit</p>	<p><b>19</b></p> <p>Tater Tots</p> <p>Cucumber Slices</p> <p>Diced Pears</p>	<p><b>20</b></p> <p>Baby Carrots</p> <p>Zucchini Slices</p> <p>Diced Peaches</p> <p>Juice</p>	<p><b>21</b></p> <p>Steamed Green Beans</p> <p>Celery Sticks</p> <p>Applesauce</p>	<p><b>22</b></p> <p>Steamed Mixed Veggies</p> <p>Baby Carrots</p> <p>Blueberries</p> <p>Juice</p>	
<p><b>25</b></p> <p>Steamed Zucchini</p> <p>Grape Tomatoes</p> <p>Mixed Fruit</p> <p>Fresh Grapes</p>	<p><b>26</b></p> <p>Potato Smiles</p> <p>Red Pepper Strips</p> <p>Diced Pears</p>	<p><b>27</b></p> <p>Sweet Potato Fries</p> <p>Fresh Broccoli</p> <p>Diced Peaches</p> <p>Juice</p>	<p><b>28</b></p> <p>Early Release</p>	<p><b>29</b></p> <p>No School</p>	

Nature Hill Intermediate & Silver Lake Intermediate

### Special News...

Looking for a job? Aramark is hiring! We have hours during school to accommodate family needs & no weekends! Visit [www.aramark.com/careers](http://www.aramark.com/careers) & search "Oconomowoc" to apply. Contact Brittany Marsden (262) 560-2146 with any questions.



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