

Skim & 1% Milk Offered during breakfast

**\*\*Menu Subject To Change\*\***

## Fond du Lac Ojibwe School Menu

<p><b>Sept. 27</b> Pot Pie Carrots/ Ranch</p>	<p><b>Sept. 28</b> Mac &amp; Cheese Garden Salad Apples and Caramel Goldfish Crackers</p>	<p><b>Sept. 29</b> Ham &amp; Cheese on WW Bun Cukes and Tomatoes w/ Ranch</p>	<p><b>Sept. 30</b> Burritos Carrots w/ Ranch Orange</p>	<p><b>Oct. 1</b> Turkey &amp; Cheese on WR Cranberry Bread Snap Peas Sun Chips Banana</p>
<p><b>Oct.4</b> Turkey &amp; Cheese on WW Bun Carrots Fruit</p>	<p><b>Oct. 5</b> Ham Boiled Dinner Fresh Garden Veggies MN Grown Apples</p>	<p><b>Oct. 6</b> Quesadillas Pico Clementine</p>	<p><b>Oct. 7</b> Ham &amp; Cheese on Cranberry Wild Rice Salad Ranch</p>	<p><b>Oct. 8</b> Turkey &amp; Cheese Slider Tomatoes and Cukes</p>
<p><b>Oct. 11</b> Turkey Trio &amp; Cheese on WW Bun Fresh Peas and Carrots w/ Ranch Mixed Berries</p>	<p><b>Oct. 12</b> Orange Chicken Egg Rolls Over Rice w/ Peas &amp; Carrots Fresh Fruit</p>	<p><b>Oct. 13</b> Vegetable Beef Soup Salad Fresh Fruit Bread Stick <b>Apple Salad Breakfast</b></p>	<p><b>Oct. 14</b> Taco in a Bag Pico, Lettuce, &amp; Cheese Pineapple <b>*The Great Apple Crunch*</b></p>	<p><b>Oct. 15</b> Tater Tot Hot Dish Mixed Berry Salad Rolls Oranges</p>
<p><b>Oct. 18</b> Spaghetti w/ Meat Sauce Steamed Mix Veggies Wild Rice Apple Salad Garlic Bread</p>	<p><b>Oct.19</b> Pizza Boneless Chicken Wings Celery Orange Slices <b>*Tasting K-6*</b></p>	<p><b>Oct. 20</b> Pea Soup Salad Grapes Whole Wheat Rolls</p>	<p><b>Oct. 21</b> Hamburgers Lettuce, Tomato, Onions Fresh Mixed Fruit French Fries</p>	<p><b>Oct. 22</b> Wild Rice Hot Dish Mixed Veggies Whole Wheat Rolls Fruit</p>
<p><b>Oct. 25</b> Chicken Tenders Mashed Potatoes w/ Gravy Corn Fresh Fruit</p>	<p><b>Oct. 26</b> Corn Dogs Smiley Fries Salad Fresh Fruit</p>	<p><b>Oct. 27</b> Chili Corn Bread Muffin Carrot Sticks Fresh Fruit <b>Apple Salad Breakfast</b></p>	<p><b>Oct. 28</b> Hamburger Gravy <b>Roasted Pumpkin And Assorted Squash</b> Mixed Fresh Fruit Rolls</p>	<p><b>Oct. 29</b> <b>No School</b></p>
<p><b>Oct. 30</b> Mac Hot Dish Garden Salad Mixed Berries Bread Stick</p>				

<b>Monday Breakfast</b> Cereal Craisins Cheese Sticks	<b>Tuesday Breakfast</b> Oatmeal Dried Fruit	<b>Wednesday Breakfast</b> Yogurt Mixed Berries Granola	<b>Thursday Breakfast</b> Cereal Bar Fresh Fruit Motz Stick	<b>Friday Breakfast</b> Boiled Egg Muffin Bananas
--	--	--	--	--

**\*Red dates indicate Harvest The Of The Month Foods\*\***

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) [found online](#) at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or; (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.