



This Institution is an Equal Opportunity Employer

# OCTOBER 2020

## Mt Ararat Middle School

Breakfast and Lunch free to all students until December 31. Menu subject to change without notice

Monday

Tuesday

Wednesday

Thursday

Friday

5  
Cereal  
Banana  
Milk

6  
Cinnamon Bun  
Kiwi  
Milk

7  
Cereal  
Banana  
Milk

1  
WG Donuts  
Apple

2  
Muffin  
Fruit

12  
Holiday  
No School

13  
Bagel, Cream Cheese  
Dried Fruit

14  
Cereal Bar  
Fruit

15  
Bagel, Cream Cheese  
Dried Fruit

9  
Professional Development Day  
No School

19  
Gogurt & Granola Bar  
Cheese stick  
Juice

20  
WG Donuts  
Apple

21  
Wednesday Meals  
Mini Pancakes, Juice, Milk  
Breakfast Break  
Breakfast Bread, Apple

22  
Gogurt & Granola Bar  
Cheese stick  
Juice

16  
Cereal Bar  
Fruit

26  
Breakfast Sandwich  
Fruit

27  
Cereal Bowl  
Fruit  
Milk

28  
Wednesday Meals  
Mini Pancakes, Juice, Milk  
Breakfast Break  
Breakfast Bread, Apple

29  
Breakfast Sandwich  
Fruit

23  
WG Donuts  
Apple

30  
Cereal Bowl  
Fruit  
Milk

All Meals are served in school and meals are available for the days kids are learning at home or Remote learners. All meals are free of charge, Breakfast & Lunch until December 31, or when funding runs out. If you have any questions regarding school meals, please email the foodservice director at dicarak@link75.org

