

MONTHLY MOTIVATION

"BELIEVE IN YOURSELF AND ALL THAT YOU ARE. KNOW THAT THERE IS SOMETHING INSIDE YOU THAT IS GREATER THAN ANY OBSTACLE."
- CHRISTIAN D. LARSON

FRIENDSHIP ACADEMY

OCTOBER



LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
	WG Bun Beef Cheeseburger Green Beans Pears Milk	WG Penne Chicken/Alfredo Broccoli Apple Sauce Milk	No School	Chicken Strips WG Doritos Baked Beans Apple Milk
7	8	9	10	11
WG Pancakes Turkey Sausage Scrambled Eggs Veg Mix Banana Milk	WG Bun BBQ Pulled Chicken Broccoli Mandarin Orange Milk	WG Spaghetti Beef Meatballs Carrots Apple Sauce Milk	Orange Chicken WG Rice Veg Mix Pears Milk	WG Bun Beef Sloppy Joe Baked Beans Fruit Cocktail Milk
14	15	16	17	18
WG Roll Chicken Leg Green Beans Apple Milk	WG Tortilla Taco Beef Black Beans Pineapple Milk	No School	No School	No School
21	22	23	24	25
Popcorn Chicken WG Doritos Broccoli Fruit Cocktail Milk	WG Hotdog Bun Beef Hotdog Black Beans Pears Milk	WG Penne Chicken Alfredo Veg Mix Pineapple Milk	WG Bun Beef Cheeseburger Green Beans Mandarin Orange Milk	WG Mini Chicken Corn Dogs Corn Apple Milk
28	29	30	31	
WG Pancakes Turkey Sausage Scrambled Eggs Corn Fruit Cocktail Milk	Chicken Strips WG Doritos Baked Beans Apple Milk	WG Spaghetti Beef Meatballs Broccoli Pears Milk	Orange Chicken WG Rice Veg Mix Mandarin Orange Milk	

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BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
30	1	2	3	4
	Cereal Apple Milk	Mini Cinnamon Waffle Banana Milk	No School	Mini Strawberry Cream Cheese Bagel Cuties Milk
7	8	9	10	11
Blueberry Muffin Apple Milk	Frudel Bar Banana Milk	Mini Cinnamon Roll Cuties Milk	Chocolate Chip Muffin Apple Milk	Cinnamon Toast Crunch Breakfast Bar Banana Milk
14	15	16	17	18
Mini Pancakes Apple Milk	Apple Cinnamon Muffin Banana Milk	No School	No School	No School
21	22	23	24	25
Cereal Cuties Milk	Mini Cinnamon Waffles Apple Milk	Mini Strawberry Cream Cheese Bagel Cuties Milk	Blueberry Muffin Banana Milk	Frudel Bar Apple Milk
28	29	30	31	
Mini Cinnamon Roll Banana Milk	Chocolate Chip Muffin Apple Milk	Breakfast Bar Cinnamon Toast Crunch Cuties Milk	Apple Cinnamon Muffin Banana Milk	