

# October 2018 Ben Milam PK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Milk is served with every meal, fresh fruit and juice is offered daily All meals are subject to change without prior notice due to availability of product.</p>	<p><b>1</b> pancakes in a bag, fruit Ham/cheese sandwich, baby carrots, pickle spears, chips, fruit, mustard, ff mayo, ff ranch,</p>	<p><b>2</b> french toast on a stick, sausage link, juice Soft tacos, Shred romaine/ tomato salad, fruit, shred cheese, <u>pinto beans</u></p>	<p><b>3</b> biscuit, sausage patty, fruit Chicken nuggets, mashed potatoes, gravy, peas &amp; carrots, fruit, sliced bread</p>	<p><b>4</b> sausage roll, juice Hamburger, shred lettuce/ tomato salad, fruit, mustard, ketchup, tater tots, ff mayo</p>	<p><b>5</b> cereal, elf cracker, fruit Cheese pizza, corn, fruit</p>	<p><b>6</b></p>
<p><b>7</b></p>	<p><b>8</b> Student Holiday</p>	<p><b>9</b> chocolate chip muffin, juice Sausage wrap. Smile faces, fruit, mustard, ketchup</p>	<p><b>10</b> br. pizza, fruit Steak fingers, gravy, br. rice, mixed veggies, fruit, bread</p>	<p><b>11</b> pancake on a stick, juice Chicken burger on bun, tater tots, salad, fruit, mustard, ketchup, ff mayo</p>	<p><b>12</b> cereal, gr. Crackers, fruit Pepperoni Pizza, corn, fruit</p>	<p><b>13</b></p>
<p><b>14</b></p>	<p><b>15</b> waffles in a bag, fruit Chili/cheese dog, <u>Pinto beans</u>, Fruit, chips, ff ranch</p>	<p><b>16</b> br. wrap, juice Popcorn chicken, mashed potatoes, gravy, mixed veggies, fruit</p>	<p><b>17</b> biscuits, chicken patty, fruit Fish, mac/cheese, fruit, ketchup, broccoli</p>	<p><b>18</b> blueberry muffin, juice Cheeseburger, smile faces, salad, fruit, mustard, ff mayo, ketchup,</p>	<p><b>19</b> cereal, scooby doo crackers, fruit Cheese pizza, corn, fruit</p>	<p><b>20</b></p>
<p><b>21</b></p>	<p><b>22</b> br. burrito, fruit Corn dogs, tater tots, veggie beans, fruit, mustard, ketchup</p>	<p><b>23</b> french toast sticks, little smokies, juice Beef nachos, <u>pinto beans</u>, salad fruit, chips</p>	<p><b>24</b> pancake on a stick, fruit Chicken tenders, br. rice, gravy, peas &amp; carrots, fruit</p>	<p><b>25</b> sausage roll, juice Hamburger, tater tots, salad, fruit, mustard, ketchup, ff mayo</p>	<p><b>26</b> cereal, scooby doo crackers, fruit Pepperoni Pizza, corn, fruit</p>	<p><b>27</b></p>
<p><b>28</b></p>	<p><b>29</b> banana muffin, fruit BBQ rib on bun, chips, ranch style beans, ff ranch, pickle spear, fruit</p>	<p><b>30</b> br. sausage patty, biscuit, juice Chicken fajita, cheese, <u>pinto beans</u>, fruit, ff ranch, salad</p>	<p><b>31</b> pancake, sausage link, fruit Baked potato, ham, cheese, baby carrots, fruit, crackers, ff ranch butter</p>			

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, audiotope, 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:

**Mail:**

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