

October 2023

Drinks: 1% white milk, skim chocolate milk, juice offered w/breakfast, serving sizes dependent on grade level



HENDERSON COLLEGIATE
3 Schools, 1 Mission: COLLEGE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No School 1	B: Nutri-grain Bars, fruit L: Corn dog (ES), Hotdogs w/bun, coleslaw, celery, carrots, fruit 2	B: Muffin, fruit L: PBJ, Deli Sandwich, Potato Salad, 3 Bean salad, carrots, Fruit 3	B: super donuts, fruit L: PB&J, Deli-sandwich, pasta salad, tomatoes, carrots, fruit 4	B: pop tarts, fruit L: PBJ, deli sandwich, celery, carrots, tomatoes, fruit 5	B: Granola, yogurt, cereal (ES), fruit L: PBJ, deli sandwich, celery, carrots, tomatoes, fruit 6	No School Break 7
No School Break 8	No School Break 9	No School Break 10	No School Break 11	No School Break 12	No School Break 13	No School Break 14
No School Break 15	No School Break 16	No School Break 17	No School Break 18	No School Break 19	No School Break 20	No School Break 21
No School Break 22	B: pop tarts, fruit L: Riblet/bun, coleslaw, baked beans, carrots, fruit 23	B: cinnamon roll, fruit L: Chicken Patty w/bun, macaroni salad, green salad, 3 bean salad, fruit 24	B: muffin, fruit L: meatballs, roll, corn, tomatoes, celery, fruit 25	B: Super Donut, fruit L: Pizza (ms/hs), chicken nuggets (es), green salad, tomatoes, fruit 26	B: yogurt, granola, multigrain bars, fruit L: Deli sandwiches, PB&J, cucumbers, carrots, 2 bean salad, fruit 27	NO School 28
No School 29	B: Muffin, fruit L: country fried steak, potato salad, green beans, fruit 30	B: yogurt, granola, cereal, fruit L: Corn dogs, coleslaw, celery, carrots, fruit 31				

Henderson Collegiate is an equal opportunity employer. Meals are subject to change based on product availability. Check our website for details. Questions? Contact: Jeremy Hetrick Nutrition Director: jhetrick@hendersoncollegiate.org