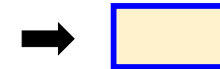




**OCTOBER 2021 - FROZEN STANDARD MENU**  
**CHECK THE BOX ON THE RIGHT IF YOU LIKE TO RECEIVE THE FROZEN MENU**  
 \*\*\*MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS\*\*\*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).