



# Bloom-Carroll Carb Count Menu

## October 2020



Monday	Tuesday	Wednesday	Thursday	Friday
1% White or Fat Free Chocolate Milk is included with all lunches				
	BBQ Packet- 5, Honey Mustard- 6 Sweet & Sour- 11, Ketchup- 3 Mustard & Mayo- 0 Chocolate Milk- 24 White Milk- 13		Oct. 1 <b>Baked Chicken Nuggets</b> 16 w/ dipping sauce Mashed Potatoes 17 w/ gravy 7 Mini Carrots & Dip 8 Dinner Roll 15 Tropical Fruit 17 Fresh Fruit Choice 18-22	Oct. 2 <b>Baked Chicken Nuggets</b> 16 w/ dipping sauce Mashed Potatoes 17 w/ gravy 7 Mini Carrots & Dip 8 Dinner Roll 15 Tropical Fruit 17 Fresh Fruit Choice 18-22
Oct. 5 <b>Pancakes 35 w/ syrup 31</b> Sausage Patties 0 Baked Tater Tots 17 Mini Carrots & Dip 8 Orange Juice Cup 13 Fresh Fruit Choice 18-22	Oct. 6 <b>Mini Corn Dogs 23</b> Baked Beans 36 Mini Carrots & Dip 8 Diced Pineapple 19 Fresh Fruit Choice 18-22	Oct. 7 <b>Big Daddy's Pepperoni</b> <b>Pizza Wedge 34</b> Seasoned Green Beans 6 Mini Carrots & Dip 8 Cherry/Blue Raspberry Sorbet 18 Fresh Fruit Choice 18-22	Oct. 8 Spaghetti & Meat Sauce 28 Warm Texas Toast 14 Crisp Tossed Salad 7 Mini Carrots & Dip 8 Diced Peach Cup 19 Fresh Fruit Choice 18-22	Oct. 9 <b>Sloppy Joe on Bun 35</b> Baked French Fries 15 Mini Carrots & Dip 8 Fruit Smoothie 30 Fresh Fruit Choice 18-22
Oct. 12 <b>Hamburger 28 or</b> <b>Cheeseburger 30 w/</b> <b>lettuce .5 &amp; tomato 1</b> Waffle Fries 19 Mini Carrots & Dip 8 Cinnamon Applesauce Cup 15 Fresh Fruit Choice 18-22	Oct. 13 <b>Pepperoni Calzone 35</b> Seasoned Carrots 6 Mini Carrots & Dip 8 Sidekick Icee 18 Fresh Fruit Choice 18-22	<b>FAIRFIELD COUNTY FAIR DAYS</b> <b>NO SCHOOL</b> Good Luck FFA & 4-H Exhibitors!		
Oct. 19 <b>Baked Chicken Nuggets 16</b> <b>w/ dipping sauce</b> Mashed Potatoes 17 w/ gravy 7 Mini Carrots & Dip 8 Dinner Roll 15 Fruit Cocktail Fresh Fruit Choice 18-22	Oct. 20 <b>Beef &amp; Cheese Haystacks 21</b> <b>w/ lettuce &amp; tomato</b> Cheesy Refried Beans 17 Mini Carrots & Dip 8 Mandarin Oranges 20 Fresh Fruit Choice 18-22 Rainbow Goldfish Crackers 14	Oct. 21 <b>Bosco Sticks 34 w/</b> <b>dipping sauce 6</b> Seasoned Corn 16 Mini Carrots & Dip 8 Strawberry/Kiwi Sorbet 18 Fresh Fruit Choice 18-22	Oct. 22 <b>Crispy Chicken Sandwich</b> <b>30 w/ lettuce .5 &amp;</b> <b>tomato 1</b> Seasoned Green Beans 6 Mini Carrots & Dip 8 Diced Pineapple 19 Fresh Fruit Choice 18-22	Oct. 23 <b>Grilled Cheese Sandwich</b> <b>31</b> Tomato Soup 30 w/ Crackers 7 Mini Carrots & Dip 8 Fresh Apple Slices 7 Fresh Fruit Choice 18-22
Oct. 26 <b>Boneless Chicken Wings</b> <b>17 w/ dipping sauce</b> Cheesy Mashed Potatoes 20 Mini Carrots & Dip 8 Whole Grain Dinner Roll 15 Strawberry Cup 22 Fresh Fruit Choice 18-22	Oct. 27 Baked Macaroni and Cheese 27 Seasoned Peas 10 Mini Carrots & Dip 8 Rosy Applesauce 15 Fresh Fruit Choice 18-22	Oct. 28 <b>Personal Pan Pizza 39</b> Mixed Veggies 9 Mini Carrots & Dip 8 Diced Pears w/ Cherries 22 Fresh Fruit Choice 18-22	Oct. 29 <b>Honey BBQ Rib Sandwich</b> <b>42</b> Baked French Fries 15 Mini Carrots & Dip 8 Diced Peaches 17 Fresh Fruit Choice 18-22	Oct. 30 <b>Hot Dog on Bun 22</b> Baked Beans 36 Mini Carrots & Dip 8 Fruit Juice Box 15 Fresh Fruit Choice 18-22 Treat
Student Paid Lunch \$2.90		Student Reduced Lunch \$.40		Adult Lunch \$3.70
Please contact us if you have any questions about any of our food items. Marilyn Enyart 614-834-6751 or marilyn.enyart@bloomcarroll.org  *We use only whole grain breads in our meals *Fresh fruits & vegetables are available daily**1% White or Fat Free Chocolate Milk is served daily with breakfast and lunch**		<b>Fresh Fruits:</b> Apple-red-19, Apple-gold-22 Orange-21, Banana-18 <b>Juice Cup:</b> Apple-13 Orange-13 Grape-19		<b>Breakfast Menu:</b> Trix Bar-30, Cinn Tst Crnch Bar-30, Cocoa Puff Bar-30, PopTart-37, String Cheese-1, Bagel-29, Super Bun-31, Yogurt Cup-20, Goldfish Graham-19, Trix bowl-24, Cinn Tst Crnch bowl-22, Golden Grahams bowl-24, Cocoa Puffs bowl- 25, Lucky Charms bowl- 23, Apple Jacks bowl- 22, Blueberry Mini Waffles-38, Choc Chip Mini French Toast-36, Cinnamon French Toast-37, Mini Pancakes EGGO- 35, Mini Pancakes PILLS- 40, Cinni Mini-40, <b>Breakfast Prices: Regular \$1.25 Adult \$1.60 Reduce \$.30</b> Students may purchase a full breakfast or a la carte items.

