

Intrinsic Foundation  
 October 2014  
 After School Menu  
 (Menu Items Subject to Availability Substitutions May Apply)

Mon	Tue	Wed	Thu	Fri
		1 Milk Beef Fingers Country Potatoes Peach Cobbler	2 Milk Chicken Nuggets Tater Tots Green Beans	3 Milk Hamburger Whole Fruit Potato Wedges
6 Milk Chicken Parmesan Mix Vegetables Cinnamon Apples	7 Milk Swedish Meatballs w/Rice Carrots Green Beans	8 Milk Chicken Quesadilla Corn Beans	9 Milk Pizza Roll Green Beans Spiced Peaches	10 Milk Chicken Ranch Sandwich Whole Fruit Tater Tots
13 Milk Burrito Fiesta Corn Beans	14 Milk Popcorn Chicken Tater Tots Spiced Apples	15 Milk Beef Stroganoff Corn Green Beans	16 Milk Corndog Nuggets Tater Tots Spiced Peaches	17 BBQ Grilled Chicken Whole Fruit French Fries
20 Milk Baked Chicken & Rice Green Beans Carrots	21 Milk Fish Shapes Sliced Potatoes Green Beans	22 Milk Spaghetti w/Meat Sauce Mixed Vegetables Spiced Apples	23 Milk Chicken Fried Chicken Mashed Potatoes Green Beans	24 Pretzel Dog Whole Fruit Potato Wedges
27 Milk Hamburger Mac & Cheese Broccoli Cherry Cobbler	28 Milk Chicken Nuggets Tater Tots Green Beans	29 Milk Beef Fingers Mashed Potatoes Spiced Peaches	30 Corn Dog Carmel Apple French Fries	31 Milk Chicken Enchilada Fiesta Corn Beans

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