

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Whole Grain Plain Cheerios Cereal Bowl 1% Low-fat Milk Pint	3 Cheddar Goldfish Crackers 100% Orange Juice Cup	4 Fresh Cucumber Coins w/ LF Ranch Dip LF String Cheese	5 Monterey Jack Cheese WG Soft Pretzel	6 Fresh Banana 1% Low-fat Milk
9 Crunchy Edamame 100% Orange Juice Cup	10 Strawberry Banana Yogurt Cup WG Soft Pretzel	11 Cheddar Goldfish Crackers 100% Natural Applesauce	12 Fresh Crisp Apple LF String Cheese	13 WG Heartzel Pretzels 100% Orange Juice Cup
16 Cheddar Goldfish Crackers 100% Orange Juice Cup	17 Fresh Orange Slices Goldfish Graham Cracker	18 Monterey Jack Cheese WG Soft Pretzel	19 WG Plain Cheerios Cereal 1% Low-fat Milk Pint	20 Fresh Baby Carrots w/ LF Ranch Dip LF String Cheese
23 Fresh Orange Slices Goldfish Graham Cracker	24 WG Heartzel Pretzels 100% Orange Juice Cup	25 Whole Grain Plain Cheerios Cereal Bowl 1% Low-fat Milk Pint	26 Fresh Cucumber Coins w/ LF Ranch Dip LF String Cheese	27 Cheddar Goldfish Crackers 100% Natural Applesauce
30 Monterey Jack Cheese WG Soft Pretzel	31 Fresh Baby Carrots w/ LF Ranch Dip LF String Cheese			

Artificial Ingredients, Additives, Preservatives

High Fructose Corn Syrup

Fried Foods Mystery Meats

ALWAYS fresh NEVER frozen

\*\*\*\* 4-Star Schod Lunch Provider!



October 12th

**What is the Illinois Great Apple Crunch?**

The Illinois Great Apple Crunch is a part of the Great Lakes Great Apple Crunch, which is in its third year! Students across the Great Lakes region participate in this fun celebration of local food on Thursday October 12<sup>th</sup>. Students at Hawthorne will be provided a locally grown fresh apple to crunch into at school in celebration. The regional Crunch is a project of the Great Lakes region of the National Farm to School Network, and is coordinated in Illinois by a variety of [local partners](#).

Each meal includes rBST-free skim or 1% milk.



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