




# Rippleside **GLUTEN-FREE!**

## October 2023

2 MON	3 TUE	4 WED	5 THURS	6 FRI
<p>Day 1 BLUEBERRY WAFFLE w/MAPLE SYRUP or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>CHICKEN FINGERS MAC &amp; CHEESE CAULIFLOWER RANCH COOKIE</p>	<p>Day 2 CINNAMON SUGAR TOAST YOGURT or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p><b>TACO TUESDAY!</b> HARD SHELLS SEASONED BEEF w/ALL THE TOPPINGS FRUIT</p>	<p>Day 3 BANANA BREAD or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>TURKEY &amp; SWISS SANDWICH CRANBERRY CHUTNEY PUMPKIN SOUP FRUIT</p>	<p>Day 4 SAUSAGE, EGG &amp; CHEESE PANCAKE w/MAPLE SYRUP or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>SLOPPY JOES BAKED BEANS PICKLES FRITO'S FRUIT</p>	<p>Day 1 RAISED CHOCOLATE DONUT YOGURT or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>CHICKEN BACON RANCH FLATBREAD PIZZA CAESAR SALAD BABY CARROTS &amp; SNAP PEAS FRUIT</p>
9 MON	10 TUE	11 WED	12 THURS	13 FRI
<p>Day 2 PANCAKES w/MAPLE SYRUP &amp; SAUSAGE or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>GARLIC CHEESE TOAST TOMATO SOUP BABY CARROTS CUCUMBERS FRUIT</p>	<p>Day 3 CHEESE &amp; BACON TATER TOT QUICHE or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>SPAGHETTI BREAD STICKS RANCH SALAD</p>	<p>Day 4 BANANA BREAD or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>CHICKEN FINGERS AU GRATIN POTATOES FRUIT CHOCOLATE CUPCAKE</p>	<p>Day 1 SAUSAGE, EGG &amp; CHEESE PANCAKE w/MAPLE SYRUP or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p><b>KID'S CHOICE</b> CHICKEN NUGGETS FRENCH FRIES SWEET CORN FRUIT</p>	<p>Day 2 CINNAMON SUGAR RAISIN BREAD &amp; YOGURT or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>RIPOTLE BOWL w/PULLED CHICKEN PINTO BEANS &amp; INFUSED RICE PICO DE GALLO ALL THE TOPPINGS FRUIT</p>
16 MON	17 TUE	18 WED	19 THURS	20 FRI
<p>Day 3 CINNAMON SUGAR TOAST HOT CHOCOLATE &amp; MINI MARSHMALLOWS or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>CHEESE PIZZA BABY CARROTS CUCUMBERS FRUIT</p>	<p>Day 4 SCRAMBLED EGGS HASHBROWNS &amp; BACON or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>PULLED PORK SANDWICH BBQ SAUCE COLESLAW FRUIT APPLE CRISP</p>	<p>Day 1 DONUT or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p><b>LAW ENFORCEMENT LUNCH!</b> JAY WALKER TACOS CRIME SCENE DIRTY RICE JAILED FRUIT SALAD K9 COPCAKE</p>	<p><b>NO SCHOOL</b></p> 	<p><b>NO SCHOOL</b></p> 
23 MON	24 TUE	25 WED	26 THURS	27 FRI
<p>Day 2 PANCAKES w/MAPLE SYRUP &amp; BACON or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>CHICKEN PESTO ALFREDO ROASTED BROCCOLI COOKIE FRUIT</p>	<p>Day 3 BREAKFAST BURRITO or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>SLOPPY SAMMY CHEESEBURGER FRENCH FRIES PICKLE FRUIT</p>	<p>Day 4 BANANA BREAD YOGURT or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>CHARCUTERIE BOAT MEAT, CHEESE &amp; CRACKERS CUCUMBERS &amp; BABY CARROTS &amp; FRUIT</p>	<p>Day 1 <b>MUFFINS w/MOM</b> <b>Served by Aitkin Lions</b> CHOCOLATE CHIP MUFFINS or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p><b>FARM2SCHOOL!</b> CHICKEN ENCHILADAS GARDEN SALAD FRUIT</p>	<p><b>NO SCHOOL</b></p> 
30 MON	31 TUE			
<p>Day 2 STRAWBERRY SMOOTHIE GRANOLA STRING CHEESE or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p>HAMBURGER GRAVY MASHED POTATOES CORN FRUIT</p>	<p>Day 3 BREAKFAST PIZZA or CEREAL, FRUIT JUICE &amp; MILK *****</p> <p><b>SERVE W/SAM!</b> HOT DOG TATER TOTS GREEN BEANS FRUIT ICE CREAM</p>			

1 Juice & 1 Milk (1% or Choc) Served with Breakfast  
1 Milk (1% or Choc) Served with Lunch  
**EXTRA Milk or Juice will be charged: \$ .40**

### MINNESOTA FREE SCHOOL MEALS

Breakfast \$0.00	2 <sup>nd</sup> Meal \$3.00	-	Milk \$0.40
Lunch \$0.00	2 <sup>nd</sup> Meal \$4.95	-	Juice \$0.40

**MENU SUBJECT TO CHANGE WITHOUT NOTICE**  
**THIS IS AN EQUAL OPPORTUNITY PROVIDER**

NOTE: MN Free School Meals: Must be a complete meal  
If **ONLY** milk or juice is taken, you will be charged  
NOTE: 2<sup>nd</sup> Meal prices same as adults per state guideline.  
Must be money in lunch account to purchase.