




# Breakfast in October


NOTE: Milk and juice are served with every breakfast. We offer a variety of cold cereal and whole grain products.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
French Toast Sticks Fruit OR Cereal & WG Toast	Turkey Sausage Breakfast Pizza Fruit OR Cereal & WG Toast	Scrambled Eggs & Toast Fruit OR Cereal & WG Toast	Egg & Cheese McMuffin Fruit OR Cereal & WG Toast	Biscuit & Gravy Fruit OR Cereal & WG Toast
9	10	11	12	13
Frudel Strudel Fruit OR Cereal & WG Toast	Donut Holes Fruit OR Cereal & WG Toast	Very Berry Parfait Fruit OR Cereal & WG Toast	Pancakes Fruit OR Cereal & WG Toast	Biscuits & Gravy Fruit OR Cereal & WG Toast
16	17	18	19	20
Pumpkin Bread Slice Fruit OR Cereal & WG Toast	Mini Cinn Cream Cheese Bagel Fruit OR Cereal & WG Toast	Ham & Cheese Croissant Fruit OR Cereal & WG Toast	<b>FALL BREAK</b>	<b>FALL BREAK</b>
23	24	25	26	27
<b>FALL BREAK</b>	Banana Muffin w/ String Cheese Fruit OR Cereal & WG Toast	Scrambled Eggs w/ Pancakes Fruit OR Cereal & WG Toast	Donut Holes Fruit OR Cereal & WG Toast	Distance Learning Day 
30	31			
French Toast Sticks Fruit OR Cereal & WG Toast	Turkey Sausage Pizza Fruit OR Cereal & WG Toast		Adult/Visitor Breakfast - \$2.25 Breakfast All Students - \$2.00 All Visitors Lunch - \$6.00 Adult Lunch - \$4.85	Elementary Lunch - \$3.00 Middle School Lunch - \$3.00 High School Lunch - \$3.25 Menu is subject to change without notice.

*Go Mustangs!*

# Lunch in October



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Fish Sticks w/ Roll Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Cheesy Nachos Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Chicken Nuggets w/ Roll Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Turkey Sub Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Pepperoni Pizza Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk
9	10	11	12	13
Popcorn Chicken Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Cheesy Chicken Flour Tacos Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Crispy Chicken Sandwich Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Pulled Chicken Nachos Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Delicious Cheese Pizza Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk
16	17	18	19	20
Chicken Nuggets w/ Roll Veggie & Roll Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Mozzarella Cheese Quesadilla Veggie & Roll Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Turkey Hot Dog Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	<b>FALL BREAK</b>	<b>FALL BREAK</b>
23	24	25	26	27
<b>FALL BREAK</b>	Popcorn Chicken Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Cheesy Chicken Flour Tacos Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Delicious Cheese Pizza Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Distance Learning Day 
30	31			
Beefy Nacos Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk	Crispy Chicken Sandwich Veggie & Fruit Choice of Milk 1% Low Fat White Milk Fat Free Chocolate Milk			

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