

OCTOBER | 2023

SAGS BREAKFAST & LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 B-Yogurt & Granola
Fruit Cup
L-WG Chicken Nuggets
Mashed Potatoes, Gravy
Corn, Mandarins, WG
Bread, Condiments

3 B-Scrambled Eggs, WG
Toast, Applesauce, Cond.

L-Beef Taco Salad, Salsa
Pineapple, Corn & Bean
Salsa, WG Churros
Condiments

4 B-WG Muffins, Cuties
100% Fruit Juice
L-LS Hot Dog, WG Bun
Baby Carrots, Apple
Slices, RF Chips, WG
Cookie, Condiments

5 B-WG Pancakes, LS
Sausage, Spiced Apples
100% Juice, Condiments
L-Chicken Noodle Soup
PB&J, Mixed Vegetables
Orange, WG Crackers

6 B-WG Chicken on WG
Biscuit, Peaches
Condiments
L-Pizza Palooza, Corn
Apple Slices, Cheese
Stick, Condiments

9
NO SCHOOL
COLUMBUS DAY

10 B-WG UBR
Pears, 100% Fruit Juice
Condiment
L-WG Cheese Quesadilla
Romaine Salad, Salsa
Pineapple, SF Pudding
Condiments

11 B-WG Donut Holes
Peaches, Craisins

L-WG Corn Dog, Baked
Beans, Carrots,
Applesauce, Condiments

12 B- Sausage, Egg &
Cheese Mc Muffin, 100%
Juice, Condiments
L- Chicken Patty on a WG
Bun, WG Pretzels, Cheese
Stick, Assorted Fruits,
Broccoli, Condiments

13 B-WG Breakfast
Breaks Cereal Kit, Apple
Slices, Banana
L-Totally Taco Pizza Bites
Corn & Beans Salsa,
Pineapple, Jell-O
Condiments

16 B-WG French Toast
Sticks, LS Sausage Links
Applesauce, Syrup
L-Cheeseburger, WG Bun
Tri Tater, Fruit Choice
Pickle Slices, SF Ice
Cream, Condiments

17 B-WG Breakfast
Burrito, Salsa, 100% Fruit
Juice, Condiments
L-Chicken Fajita,
Romaine Ribbons,
Cheese, Pineapple,
Churro, Condiments

18 B- WG Apple
Cinnamon Breadstick
Fruit Choice
L-WG Beef & Bean Burrito
WG Churro, Salsa,
Pineapple, Condiments

19 B-WG Muffin, 100%
Fruit Juice
L-Sloppy Joe, WG Bun
Oven Fries, Baked Beans,
Sidekick, Pickle Spear
Condiments

20 B-Banana or
Blueberry Slice, Apple
Slices
L-WG Cheese Pizza,
Romaine Salad, Apple
Slices, Caramel Dip
Condiments

23 B-Bacon, Egg &
Cheese on a WG Biscuit
Applesauce, 100% Juice
L-WG Toasted Cheese,
Tomato Soup, Pears
Cheez-its, Sidekick

24 B-WG Waffle, Chicken
100% Fruit Juice, Craisins

L-Beef Taco on a WG Soft
Shell, Lettuce, Cheese
Mandarins Salsa, WG
Churros, Condiments

25 B-WG Cereal, WG
Graham, Cutie

L-Hamburger, WG Bun
Fries, Fruit Choice
WG Cookie, Condiments

26 B- Apple or Cherry
Turnover, Apple Slices,
100% Juice
L-Rotini w/Meat Sauce
Green Beans, Peaches,
WG Cheese Stuffed
Breadstick, Condiments

27 B-Breakfast Breaks
Cereal Kit, Apple Slices
Banana
L-WG Stuffed Crust
Sausage Pizza, Broccoli,
Romaine Salad, Fruit
Choice, Condiments

30 B-Biscuits & Gravy
Pineapple, Craisins

L-COOK'S CHOICE

31 B-WG Cinnamon Roll
Cinnamon Applesauce
L-Taco Soup, WG
Breadstick, Cheese
Cubes, Crackers,
Halloween Treat

1

2

3

News

The cafeteria is open
21 days this month.
Breakfast is 1.75/day
or \$8.75/week.
Reduce id @0.30/day
or \$1.5/week
Lunch is \$3.00/day ire
\$15.00/week

Adult Lunch or Salad
is \$4.00/day.

The Choice of 1%
Flavored or
Unflavored Milk is
offered with each
meal.

Dressing is offered
with salad or fresh
vegetables.

THIS MENU IS
SUBJECT TO
CHANGE.