

Sunburst School Menus-October 2023

Mon	Tue	Wed	Thu	Fri
2 B -Breakfast Bars L -Chicken Nuggets & Fries	3 B -Sausage, Egg, Hash Brown Hot Dish L -Meatloaf Dinner	4 B -Breakfast Bread L - Chicken Patty & Tater Tots	5 B -Waffles L -Beef & Noodles	6 B -Cream of Wheat & ww Toast L -Baked Potato Bar w/ Taco Meat, Chili, Broccoli & Cheese
9 B -Cowboy Breakfast Cake L -Pizza	10 B -Apple Strudel L -Sloppy Joes on a Bun & Chips	11 B -French Toast Hot Dish L -Beefy Mac & Cheese	12 B -Jumbo Muffins L -Italian Beef Hot Dish	13 B -Cinnamon Rolls L -BBQ Pulled Pork on a Bun & Chips
16 B -Bagels (BB/Reg) & Cream Cheese L -Corn Dogs & Fries	17 B -Breakfast Burrito L -Hamburgers on a Bun & Baked Beans	18 NO SCHOOL Teacher Convention	19 NO SCHOOL Teacher Convention	20 NO SCHOOL Teacher Convention
23 B -Cereal & ww Toast L -Chicken Strips & Fries	24 B -Breakfast Sandwich L -Homemade Chili & Caramel Rolls	25 B -Pancakes L -Stroganoff & Breadsticks	26 B -Apple Cinnamon Scones L -Cheeseburger Hot Dish	27 B -Maple Bars L -Egg Salad, Peanut Butter or Tuna Fish Sandwiches & Chips
30 B -Pancake on a Stick L -Sloppy Joe Nachos	31 B -Scrambled Eggs w/ Ham & Cheese & Toast L - Witches Brew Stew & Ghostly Biscuits	All breakfasts are served with fruit, juice & milk. All lunches offer two kinds of milk	The Salad Bar is offered daily for lunch and includes a variety of fresh fruits, vegetables, and specialty salads	Due to product shortages, please give us grace if the menu has to change last minute.



Sauteed Cabbage (4 servings)

1 small head green cabbage

1 tsp salt

2 Tbsp unsalted butter

1/2 tsp pepper

Cut cabbage in half and remove core. Slice as thinly as possible. Melt butter in a large pan. Add cabbage, salt, and pepper and sauté 10-15