

OCTOBER-NOVEMBER 4-week cycle SISD Menu 2023

Monday	Tuesday	Wednesday	Thursday
<p>23 Breakfast Yogurt-parfait with granola and peaches, apple juice</p> <p style="text-align: center;">Lunch</p> <p>Sloppy joe sandwich, corn, cucumber-spinach salad, fresh apples/grapes</p>	<p>24 Breakfast Cheese stuffed breadsticks WG, pears, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Ham/cheese sandwich WG, celery, cucumber, carrots, applesauce, grape juice, uncrustables</p>	<p>25 Breakfast Breakfast Birthday Cake with turkey sausage patty, pancake WG, strawberries, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Sweet and sour chicken, fried brown rice, eggroll, black beans, tomatoes, pineapples, apple juice</p>	<p>26 Breakfast Bagel WG with cream-cheese, scrambled eggs, canned mandarins, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken patty with gravy and mashed potatoes, dinner roll WG, lettuce, cucumber, mixed berries cup, orange juice</p>
<p>30 Breakfast Yogurt, muffin WG, mixed fruit, apple juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken drumstick, brown rice, cut green beans, baked beans, strawberry cup, grape juice</p>	<p>31 Breakfast Breakfast wrap WG (egg, cheese, sausage), hashbrowns, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Spaghetti and meat sauce, celery, broccoli, canned pears, cranberry juice</p>	<p>1 Breakfast Biscuits WG and gravy, applesauce, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Pizza WG, tomato and cucumber salad, carrots, fresh oranges, apple juice</p>	<p>2 Breakfast Turkey sausage, egg and cheese scramble bowl, toast WG, peaches, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Cheeseburger with beef patty, lettuce, tomatoes, potato wedges, apricots, orange juice</p>
<p>6 Breakfast French toast stick WG, yogurt, canned peaches, apple juice</p> <p style="text-align: center;">Lunch</p> <p>BBQ pork sandwich WG, coleslaw, mixed fruit, orange juice, fig bar</p>	<p>7 Breakfast Dutch waffle WG, fresh apples/banana, orange juice</p> <p style="text-align: center;">Lunch</p> <p>Teriyaki chicken, fried brown rice, eggroll, creamed spinach, carrots, strawberry cup, cranberry juice</p>	<p>8 Breakfast Breakfast Birthday Cake with turkey sausage patty, pancake WG, strawberries, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Grilled cheese sandwich, tomato soup, corn, canned pears, apple juice</p>	<p>9 Breakfast Cereal WG, pineapples, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Beefy Nachos Grande with tortilla chips WG, refried beans, garden salad, applesauce, grape juice</p>
<p>13 Breakfast Oatmeal cup, muffin WG, pineapples, grape juice</p> <p style="text-align: center;">Lunch</p> <p>Chili, corn bread WG, veggie stir-fry with brown rice and beans, fresh orange, cranberry juice, sour cream</p>	<p>14 Breakfast Maple Baked French Toast Squares, canned pears, apple juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken nuggets, garlic bread, French fries, apples, orange juice</p>	<p>15 Breakfast Cheesy turkey sausage links, tater tot bowl, waffle WG, applesauce</p> <p style="text-align: center;">Lunch</p> <p>Bean/cheese burrito, cheesy broccoli, cucumber, carrots, mixed fruit, apple juice, fig bar</p>	<p>16 Breakfast English muffin WG with egg patty, cheese, strawberry cup, cranberry juice</p> <p style="text-align: center;">Lunch</p> <p>Chicken with alfredo sauce, spaghetti, cut green beans, celery with PB, peaches, grape juice</p>

Two choices of milk are provided with every meal, at least 80% of grains are whole grain (WG) rich.