

OCTOBER BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 1:30 EARLY DISMISSAL	5	6
Donuts OR Cereal	Sausage Gravy over Biscuit OR Cereal	Coffee Cake OR Cereal	French Toast Sticks w/Syrup OR Cereal	Egg & Cheese Omelet OR Cereal
String Cheese	Sausage Link	Yogurt	Sausage Patty	Sausage Link
Peaches	Applesauce	Pears	Oranges	Toast w/Jelly
Apple Juice	Berry Juice	Orange Juice	Grape Juice	Mixed Fruit
				Fruit Punch Juice
9	10	11 1:30 EARLY DISMISSAL	12	13
Breakfast Pizza OR Cereal	Pancake on a Stick w/Syrup OR Cereal	P-T CONFERENCES 2-6PM	P-T CONFERENCES 2-8PM	NO SCHOOL
String Cheese	Applesauce	Coffee Cake OR Cereal	Scrambled Eggs & Ham OR Cereal	
Peaches	Berry Juice	Yogurt	Toast w/Jelly	
Apple Juice		Pears	Oranges	
		Orange Juice	Grape Juice	
16	17	18 1:30 EARLY DISMISSAL	19	20
Waffle w/Syrup OR Cereal	Oatmeal OR Cereal	Coffee Cake OR Cereal	Pancakes w/Syrup OR Cereal	Donuts OR Cereal
Sausage Patty	String Cheese	Yogurt	Sausage Patty	String Cheese
Peaches	Applesauce	Pears	Oranges	Mixed Fruit
Apple Juice	Berry Juice	Orange Juice	Grape Juice	Fruit Punch Juice
23	24	25 1:30 EARLY DISMISSAL	26	27
French Toast Sticks w/Syrup OR Cereal	Pancake on a Stick w/Syrup OR Cereal	Coffee Cake OR Cereal	Sausage Gravy over Biscuit OR Cereal	Long John OR Cereal
Sausage Patty	Applesauce	Yogurt	Sausage Link	String Cheese
Peaches	Berry Juice	Pears	Oranges	Mixed Fruit
Apple Juice		Orange Juice	Grape Juice	Fruit Punch Juice
30	31			
Pumpkin Chocolate Chip Muffin OR Cereal	Egg & Cheese Omelet OR Cereal			
Yogurt	Applesauce		All bread and buns served are whole-grain.	Milk served daily: 1% white milk
Peaches	Berry Juice		All pasta and rice served are whole-grain.	Skim white milk
Apple Juice				Skim chocolate milk

OCTOBER LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 1:30 EARLY DISMISSAL	5	6
Creamed Chicken over Biscuit	Stuffed Crust Pepperoni Pizza	McRib Patty on Bun	Lasagna	Hot Dog w/Bun
Corn	Celery Sticks	Potato Smiles	Romaine Lettuce	Baked Beans
Baby Carrots	Romaine Lettuce	Corn	Cauliflower	Chips
Diced Pears	Red Bell Peppers	Peaches	Cheesy Breadstick	Cucumbers
	Strawberry Shortcake		Apples	Mixed Fruit
				Chocolate Chip Cookie
9	10	11 1:30 EARLY DISMISSAL	12	13
Meatballs	Popcorn Chicken	P-T CONFERENCES 2-6PM	P-T CONFERENCES 2-8PM	NO SCHOOL
Buttered Noodles	Mashed Potatoes	Turkey & Ham Sandwich	Salisbury Steak	
Romaine Lettuce	Corn	Chips	Mashed Potatoes	
Mixed Vegetables	Buttered Bread	Cucumbers	Green Beans	
String Cheese	Diced Peaches	Tomato Slices	Dinner Roll	
Banana		Dragon Juice, Grapes	Oranges	
16	17	18 1:30 EARLY DISMISSAL	19	20
Scalloped Potatoes & Ham	Chicken Strips	Maidrite w/Bun	Chicken Alfredo with Penne Pasta	Hamburger w/Bun
Peas	Mashed Potatoes	French Fries	Cheesy Breadstick	Potato Wedges
Broccoli	Glazed Carrots	Cucumbers	Cauliflower	Baked Beans
Diced Pears	Mixed Fruit	Strawberries	Broccoli & Cheese	Tomato Slices
Dinner Roll	Cinnamon Roll		Pineapple	Apples
				Rice Krispie Treat
23	24	25 1:30 EARLY DISMISSAL	26	27
Mandarin Orange Chicken	Beef Taco	Macaroni & Cheese	Little Smokies	Brat w/Bun
Brown Rice	Fiesta Beans, Salsa	Peas	Mashed Potatoes	Tator Tots
Garlic Breadstick	Romaine Lettuce	Cauliflower	Buttered Bread	Baked Beans
Cooked Carrots	Apple Sauce	Dinner Roll	Celery	Peaches
Broccoli	Frozen Sherbet Cup	Grapes	Rosy Applesauce	Sugar Cookie
Strawberries				
30	31			
Toasted Ham & Cheese Sandwich	Spaghetti		All bread and buns served are whole-grain. All pasta and rice served are whole-grain.	Milk served daily: 1% white milk Skim white milk Skim chocolate milk
French Fries	Garlic Breadstick			
Celery	Romaine Lettuce			
Diced Peaches	Baby Carrots			
	Banana			