

## OCTOBER 2018

## ELEMENTARY SCHOOL MENU

### BREAKFAST

### LUNCH

M	OCT	1	French Toast Stix	Cheesy Breadsticks w/marinara sauce
T		2	Minced Ham & Eggs	Sloppy Joe Tots w/WG Roll **
W		3	Muffin & Sausage	Chicken Alfredo w/WG breadstick **
TH		4	Breakfast Pizza	Cheese Quesadilla on WG Tortilla **
F		5	Breakfast Sandwich	Cheese or Pepperoni Pizza **
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M		8	Baked Pancake & Fruit	Chicken Burger on WG Bun **
T		9	Egg Scramble w/english muffin	BBQ Rib Sandwich **
W		10	Sausage Pup	Lasagna w/WG Breadstick
TH		11	Breakfast Sandwich	Cheese or Pepperoni Pizza **
F		12	<b>NO SCHOOL</b>	
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M		15	Dutch Strawberry Waffle	Corn Dog <b>#CELEBRATE OCTOBER BIRTHDAYS#</b>
T		16	Breakfast Burrito	Meatball Sub Sandwich
W		17	Muffin & Sausage	Nachos Grande **
TH		18	Breakfast Pizza	Hot Turkey Sandwich w/mashed potatoes **
F		19	Breakfast Sandwich	Cheese or Pepperoni Pizza **
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M		22	Blueberry Waffle	Cheeseburger on WG Bun **
T		23	Egg Scramble w/sausage	Pulled Pork Sliders **
W		24	Sausage Pup	Chicken Nuggets **
TH		25	Breakfast Pizza	Teriyaki Meatballs over Rice
F		26	Breakfast Sandwich	Cheese or Pepperoni Pizza **
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M		29	French Toast Stix	Hot Dog on WG Bun
T		30	Breakfast Taco	Macaroni & Cheese
W		31	Muffin & Sausage	Sand Witches and Chicken BOodle Soup **



## OFFERED DAILY

### BREAKFAST

~ Fresh/Dried/Canned Fruit and Juice ~

~ Non-Fat/1% White Milk ~

Variable breakfast entrée choices include

Cold cereals, Yogurt, Bagel, Chewy Breakfast Bar

### LUNCH

~ Fresh/Dried/Canned Fruit ~

~ Fresh Vegetables ~

~ Non-Fat Chocolate/1% White Milk ~



### Breakfast Prices:

Grades K-12 \$1.75

Extra Milk or Juice \$0.40

Adult \$2.25

### Lunch Prices:

Grades K-5 \$2.75

Grades 6-12 \$3.00

Extra Milk \$0.40

Adult \$4.25

\*\* Gluten free option available

**DID YOU KNOW?** All breads, buns, rolls, pasta, crackers and tortillas are whole grain.

All recipes are made from scratch using the freshest ingredients available.

We meet and/or exceed the requirements for fruits, vegetables, grains and meat/meat alternate.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

## OCTOBER 2018

## MIDDLE/HIGH SCHOOL MENU

### BREAKFAST

### LUNCH

M	OCT	1	French Toast Stix	Cheesy Breadsticks w/marinara sauce
T		2	Minced Ham & Eggs	Sloppy Joe Tots w/WG Roll **
W		3	Muffin & Sausage	Chicken Alfredo w/WG breadstick **
TH		4	Breakfast Pizza	Cheese or Chicken Quesadilla on WG Tortilla **
F		5	Breakfast Sandwich	Cheese or Pepperoni Pizza **
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M		8	Baked Pancake & Fruit	Chicken Burger on WG Bun **
T		9	Egg Scramble w/english muffin	Lasagna w/WG Breadstick
W		10	Sausage Pup	BBQ Rib Sandwich **
TH		11	Breakfast Sandwich	Cheese or Pepperoni Pizza **
F		12	<b>NO SCHOOL</b>	
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M		15	Dutch Strawberry Waffle	Corn Dog <b>#CELEBRATE OCTOBER BIRTHDAYS#</b>
T		16	Breakfast Burrito	Meatball Sub Sandwich
W		17	Muffin & Sausage	Nachos Grande **
TH		18	Breakfast Pizza	Hot Turkey Sandwich w/mashed potatoes **
F		19	Breakfast Sandwich	Cheese or Pepperoni Pizza **
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M		22	Blueberry Waffle	Cheeseburger on WG Bun **
T		23	Egg Scramble w/sausage	Pulled Pork Sliders **
W		24	Sausage Pup	Baked Potato Bar w/WG roll **
TH		25	Breakfast Pizza	Teriyaki Meatballs over Rice
F		26	Breakfast Sandwich	Cheese or Pepperoni Pizza **
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M		29	French Toast Stix	Hot Dog on WG Bun
T		30	Breakfast Taco	Macaroni & Cheese w/WG breadstick
W		31	Muffin & Sausage	Sand Witches and Chicken BOODle Soup **

**DID YOU KNOW?** All breads, buns, rolls, pasta, crackers and tortillas are whole grain.

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## OFFERED DAILY

### BREAKFAST

~ Fresh/Dried/Canned Fruit and Juice ~

~ Non-Fat/1% White Milk ~

Variable breakfast entrée choices include

Cold cereals, Yogurt, Bagel, Chewy Breakfast Bar

### LUNCH

~ Fresh/Dried/Canned Fruit ~

~ Fresh Vegetables ~

~ Non-Fat Chocolate/1% White Milk ~



### Breakfast Prices:

Grades K-12 \$1.75

Extra Milk or Juice \$0.40

Adult \$2.25

### Lunch Prices:

Grades K-5 \$2.75

Grades 6-12 \$3.00

Extra Milk \$0.40

Adult \$4.25

~Menu subject to change~

\*\* Gluten free option available