



OCTOBER 2017

ELEMENTARY SCHOOL MENU

BREAKFAST

LUNCH

M	OCT	2	Pancakes w/applesauce	Cheesy Breadsticks w/marinara sauce	
T		3	Minced Ham & Eggs	Sloppy Joe Tots w/WG Roll	
W		4	Muffin & Sausage	Macaroni & Cheese	
TH		5	Breakfast Pizza	Chicken Burger on WG Bun	
F		6	Breakfast Sandwich	Cheese or Pepperoni Pizza	
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M		9	French Toast Stix	Corn Dog	
T		10	Egg Scramble	Chicken Alfredo w/WG breadstick	
W		11	Sausage Pup	Ham & Bean Soup w/WG Roll	
TH		12	Breakfast Sandwich	Cheese or Pepperoni Pizza	
F		13	NO SCHOOL		
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M		16	Baked Oatmeal Squares	Cheeseburger	#CELEBRATE OCTOBER BIRTHDAYS#
T		17	Breakfast Burrito	Chili & Chips	
W		18	Muffin & Sausage	BBQ Rib Sandwich	
TH		19	Breakfast Pizza	Nachos Grande	
F		20	Breakfast Sandwich	Cheese or Pepperoni Pizza	
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M		23	Baked Pancakes & Fruit	Hot Dog on WG Bun	
T		24	Egg Scramble	Mexicali Taco Boat	
W		25	Sausage Pup	Chicken Burger on WG Bun	
TH		26	Breakfast Pizza	Sweet & Sour Meatballs over Rice	
F		27	Breakfast Sandwich	Cheese or Pepperoni Pizza	
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M		30	French Toast Stix	Fish Sticks	
T		31	Minced Ham & Eggs	Pulled Pork Sliders	

DID YOU KNOW? All cheeses and salad dressings are low fat.

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.

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

OCTOBER 2017

MIDDLE/HIGH SCHOOL MENU

BREAKFAST

LUNCH

M	OCT	2	Pancakes w/applesauce	Cheesy Breadsticks w/marinara sauce		
T		3	Minced Ham & Eggs	Sloppy Joe Tots w/WG Roll		
W		4	Muffin & Sausage	Pepper Jack Mac w/WG breadstick		
TH		5	Breakfast Pizza	Chicken Burger on WG Bun		
F		6	Breakfast Sandwich	Cheese or Pepperoni Pizza		
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M		9	French Toast Stix	Corn Dog		
T		10	Egg Scramble	Chicken Alfredo w/WG breadstick		
W		11	Sausage Pup	Ham & Bean Soup w/WG Roll		
TH		12	Breakfast Sandwich	Cheese or Pepperoni Pizza		
F		13	NO SCHOOL			
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M		16	Baked Oatmeal Squares	Cheeseburger	#CELEBRATE OCTOBER BIRTHDAYS#	
T		17	Breakfast Burrito	Chili & Chips		
W		18	Muffin & Sausage	BBQ Rib Sandwich		
TH		19	Breakfast Pizza	Nachos Grande		
F		20	Breakfast Sandwich	Cheese or Pepperoni Pizza		
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M		23	Baked Pancakes & Fruit	Hot Dog on WG Bun		
T		24	Egg Scramble	Mexicali Taco Boat		
W		25	Sausage Pup	Chicken Burger on WG Bun		
TH		26	Breakfast Pizza	Sweet & Sour Meatballs over Rice		
F		27	Breakfast Sandwich	Cheese or Pepperoni Pizza		
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M		30	French Toast Stix	Crispy Fish Slaw Wrap		
T		31	Minced Ham & Eggs	Pulled Pork Sliders		

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

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