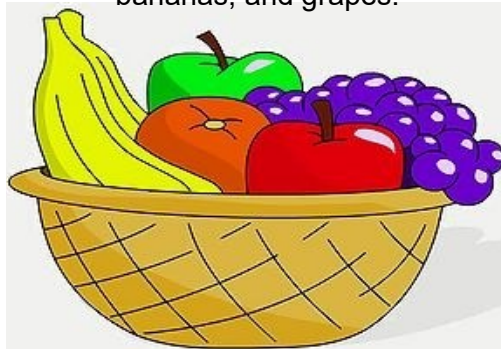




October 2017

Various fresh fruits are offered every day for lunch! The choice changes daily and includes apples, oranges, bananas, and grapes.



National School Lunch Week

October 9—13



Mini Chef Salad is now a daily lunch choice for Elementary Students!

Monday, Oct. 2

Breakfast
Oatmeal
OR
Assorted Cereal
Cinnamon Toast
Peaches OR
Orange
Milk

Lunch
Hamburger OR
Cold Cut Sandwich
Oven Baked Fries
Lettuce & Tomato
Applesauce
OR
Fresh Fruit
Milk

Tuesday, Oct. 3

Breakfast
Pop Tart w/
Scrambled Eggs OR
Assorted Cereal
Wheat Toast
Pineapple OR
Orange
Milk

Lunch
Nachos OR
Cold Cut Sandwich
Refried Beans
Corn
Pears
OR
Fresh Fruit
Milk

Wednesday, Oct. 4

Breakfast
French Toast Sticks w/
Sausage Patty OR
Assorted Cereal
Wheat Toast
Fruit Juice OR
Orange
Milk

Lunch
Chili Con Carne
OR
Cold Cut Sandwich
Cucumber Slices
Cinnamon Roll
OR
Fresh Fruit
Milk

Thursday, Oct. 5

Breakfast
Ham & Cheese Rollup
OR
Assorted Cereal
Wheat Toast
Fruit Cocktail OR
Orange
Milk

Lunch
Chicken Smackers
OR
Cold Cut Sandwich
Glazed Carrots
Fruited Gelatin
OR
Fresh Fruit
Milk

Friday, Oct. 6

Breakfast
Chicken Nuggets w/
Scrambled Eggs OR
Assorted Cereal
Wheat Toast
Applesauce OR
Orange
Milk

Lunch
Grilled Cheese Sandwich
Tomato Soup
OR Cold Cut Sandwich
Tater Tots
Mixed Fruit
OR
Fresh Fruit
Milk

Monday, Oct. 9

Breakfast
Cream of Wheat
OR
Assorted Cereal
Cinnamon Toast
Fruit Cocktail OR
Orange
Milk

Lunch
Hot Dog OR
Cold Cut Sandwich
Tater Tots
Broccoli
Peaches
OR
Fresh Fruit
Milk

Tuesday, Oct. 10

Breakfast
Ham & Cheese Muffin
OR
Assorted Cereal
Wheat Toast
Pineapple OR
Orange
Milk

Lunch
Burrito OR
Cold Cut Sandwich
Refried Beans
Corn
Strawberries
OR
Fresh Fruit
Milk

Wednesday, Oct. 11

Breakfast
Waffle w/
Sausage Patty OR
Assorted Cereal
Wheat Toast
Fruit Juice OR
Orange
Milk

Lunch
Pizza
OR
Cold Cut Sandwich
Baby Carrots
Blueberry Crisp
OR
Fresh Fruit
Milk

Thursday, Oct. 12

Breakfast
Honey Bun w/
Scrambled Eggs OR
Assorted Cereal
Wheat Toast
Pears OR
Orange
Milk

Lunch
Cherry Blossom Chicken
OR Cold Cut Sandwich
Rice
Peas
Mixed Fruit
OR
Fresh Fruit
Milk

Friday, Oct. 13

Breakfast
Biscuit & Gravy
OR
Assorted Cereal
Wheat Toast
Peaches OR
Orange
Milk

Lunch
Italian Dunkers w/ Sauce
OR
Cold Cut Sandwich
Glazed Carrots
Applesauce
OR
Fresh Fruit
Milk

Halloween Bell Pepper
Jack-o-Lantern

